## Eastern Nebraska Office on Aging Deli Meals April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4/3/2023	4/4/2023	4/5/2023	4/6/2023	4/7/2023
Creamy Cheese Tortellini	Three Meat Hoagie	Turkey Chef Salad	Ham & Swiss	Roast Beef Chef Salad
over Mixed Greens	Turkey, Ham, Roast Beef	Diced Turkey, Diced Egg	Cheese on WG Bread	Roast Beef, Diced Egg
w/ Grape Tomato & Black Olive	American Cheese	Amer. Cheese & Grape Tomatoes	w/ Lettuce & Tomato	Amer. Cheese & Grape Tomatoes
Crackers(2pk)	w/ Lettuce & Tomato	over Mixed Greens	Carrot Raisin Salad	over Mixed Greens
Cinnamon Pear Slices	Pea Salad	Crackers (2pk)/Apple Juice	Peanut Butter Cookie	Crackers (2pk)
1% or Skim Milk	Fruit Cocktail	Jell-O Cake	or Diet Cookies	100% Apple Juice
	1% or Skim Milk	or Diet Jell-O Cake	1% or Skim Milk	Mandarin Oranges
		1% or Skim Milk		1% or Skim Milk
Monday	Tuesday	Wednesday	Thursday	Friday
4/10/2023	4/11/2023	4/12/2023	4/13/2023	4/14/2023
Crab Salad on	Chicken Caesar Salad w/	Deli Chicken & American	Turkey & Swiss on	Classic Chef Salad
Marble Bread	Croutons & Caesar Dressing	Cheese on Vienna Bread	1/2 Ciabatta Bun	Turkey, Ham, Diced Egg
w/ Lettuce & Tomato	over Mixed Greens	w/ Lettuce & Tomato	w/ Lettuce & Tomato	American & Grape Tomatoes
Cowboy Caviar	100% Grape Juice	Coleslaw	Broccoli Salad	over Mixed Greens
Choc. Chip Oatmeal Bar	Ambrosia Salad	Decorated Birthday Cake	Diced Pears	Crackers (2pk)
or Diet Cookies	1% or Skim Milk	or Plain White Cake	1% or Skim Milk	100% Grape Juice
1% or Skim Milk		1% or Skim Milk		Applesauce
				1% or Skim Milk
Monday	Tuesday	Wednesday	Thursday	Friday
Ivioriday	Tuesuay	Weullesuay	illuisuay	riluay
4/17/2023	4/18/2023	4/19/2023	4/20/2023	4/21/2023
I	•		_	·
4/17/2023	4/18/2023	4/19/2023	4/20/2023	4/21/2023
4/17/2023 Roast Beef & Cheddar on	4/18/2023  Lemon Pepper Tuna Salad	4/19/2023 Turkey Chef Salad	4/20/2023 Cranberyy Chicken Salad	4/21/2023 Roast Beef & Swiss on
4/17/2023  Roast Beef & Cheddar on  Wheat Bread	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread	4/19/2023 Turkey Chef Salad Diced Turkey, Diced Egg	4/20/2023 Cranberyy Chicken Salad on a Croissiant	4/21/2023 Roast Beef & Swiss on WG Bread
4/17/2023  Roast Beef & Cheddar on  Wheat Bread  w/ Lettuce & Tomato	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato	4/19/2023 Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes	4/20/2023 Cranberyy Chicken Salad on a Croissiant w/ Lettuce & Tomato	4/21/2023  Roast Beef & Swiss on  WG Bread  w/ Lettuce & Tomato
4/17/2023  Roast Beef & Cheddar on  Wheat Bread  w/ Lettuce & Tomato  Carrot Raisin Salad	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens	4/20/2023  Cranberyy Chicken Salad on a Croissiant w/ Lettuce & Tomato Broccoli Salad	4/21/2023  Roast Beef & Swiss on  WG Bread  w/ Lettuce & Tomato  Potato Salad
4/17/2023  Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk)	4/20/2023  Cranberyy Chicken Salad on a Croissiant w/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie	4/21/2023  Roast Beef & Swiss on  WG Bread  w/ Lettuce & Tomato  Potato Salad  Glazed Pineapple
4/17/2023  Roast Beef & Cheddar on  Wheat Bread  w/ Lettuce & Tomato  Carrot Raisin Salad  Fresh Orange	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch	4/20/2023  Cranberyy Chicken Salad on a Croissiant w/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies	4/21/2023  Roast Beef & Swiss on  WG Bread  w/ Lettuce & Tomato  Potato Salad  Glazed Pineapple  or Pineapple Tidbits
4/17/2023  Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk  Monday	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries 1% or Skim Milk  Tuesday	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fresh Banana 1% or Skim Milk Wednesday	4/20/2023  Cranberyy Chicken Salad on a Croissiant W/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk  Thursday	4/21/2023  Roast Beef & Swiss on  WG Bread  w/ Lettuce & Tomato  Potato Salad  Glazed Pineapple  or Pineapple Tidbits  1% or Skim Milk  Friday
4/17/2023  Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk  Monday 4/24/2023	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries 1% or Skim Milk  Tuesday 4/25/2023	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fresh Banana 1% or Skim Milk Wednesday 4/26/2023	4/20/2023  Cranberyy Chicken Salad on a Croissiant W/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk  Thursday 4/27/2023	4/21/2023  Roast Beef & Swiss on  WG Bread  w/ Lettuce & Tomato  Potato Salad  Glazed Pineapple  or Pineapple Tidbits  1% or Skim Milk  Friday  4/28/2023
4/17/2023  Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk  Monday 4/24/2023  Black & Bleu Salad	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries 1% or Skim Milk  Tuesday	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fresh Banana 1% or Skim Milk Wednesday 4/26/2023 Turkey & Cheddar	4/20/2023  Cranberyy Chicken Salad on a Croissiant W/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk  Thursday 4/27/2023  BLT Salad	4/21/2023  Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk  Friday 4/28/2023 Deli Sliced Chicken &
4/17/2023  Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk  Monday 4/24/2023	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries 1% or Skim Milk  Tuesday 4/25/2023	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fresh Banana 1% or Skim Milk Wednesday 4/26/2023	4/20/2023  Cranberyy Chicken Salad on a Croissiant w/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk  Thursday 4/27/2023  BLT Salad Chopped Bacon, Diced Tomato	4/21/2023  Roast Beef & Swiss on  WG Bread  w/ Lettuce & Tomato  Potato Salad  Glazed Pineapple  or Pineapple Tidbits  1% or Skim Milk  Friday  4/28/2023
4/17/2023  Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk  Monday 4/24/2023  Black & Bleu Salad	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries 1% or Skim Milk  Tuesday 4/25/2023  Egg Salad on	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fresh Banana 1% or Skim Milk Wednesday 4/26/2023  Turkey & Cheddar on Kaiser Bun w/ Lettuce & Tomato	4/20/2023  Cranberyy Chicken Salad on a Croissiant W/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk  Thursday 4/27/2023  BLT Salad	4/21/2023  Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk  Friday 4/28/2023 Deli Sliced Chicken &
4/17/2023  Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk  Monday 4/24/2023  Black & Bleu Salad Roast Beef, Blue Cheese	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries 1% or Skim Milk  Tuesday 4/25/2023  Egg Salad on Croissant	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fresh Banana 1% or Skim Milk Wednesday 4/26/2023  Turkey & Cheddar on Kaiser Bun	4/20/2023  Cranberyy Chicken Salad on a Croissiant w/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk  Thursday 4/27/2023  BLT Salad Chopped Bacon, Diced Tomato	4/21/2023  Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk  Friday 4/28/2023  Deli Sliced Chicken & American Cheese
4/17/2023  Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk  Monday 4/24/2023  Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries 1% or Skim Milk  Tuesday 4/25/2023  Egg Salad on Croissant w/ Lettuce & Tomato	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fresh Banana 1% or Skim Milk Wednesday 4/26/2023  Turkey & Cheddar on Kaiser Bun w/ Lettuce & Tomato	4/20/2023  Cranberyy Chicken Salad on a Croissiant w/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk  Thursday 4/27/2023  BLT Salad Chopped Bacon, Diced Tomato over Mixed Greens	4/21/2023  Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk  Friday 4/28/2023  Deli Sliced Chicken & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad
A/17/2023  Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk  Monday 4/24/2023  Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion over Mixed Greens	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries 1% or Skim Milk  Tuesday 4/25/2023  Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fresh Banana 1% or Skim Milk Wednesday 4/26/2023  Turkey & Cheddar on Kaiser Bun w/ Lettuce & Tomato Marinated Vegetable Salad	4/20/2023  Cranberyy Chicken Salad on a Croissiant W/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk  Thursday 4/27/2023  BLT Salad Chopped Bacon, Diced Tomato over Mixed Greens Croutons	A/21/2023  Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk  Friday 4/28/2023  Deli Sliced Chicken & American Cheese on WG Bread w/ Lettuce & Tomato
A/17/2023  Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk  Monday 4/24/2023  Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion over Mixed Greens Tomato Wedges	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries 1% or Skim Milk  Tuesday 4/25/2023  Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw Tropical Fruit Mix	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fresh Banana 1% or Skim Milk Wednesday 4/26/2023  Turkey & Cheddar on Kaiser Bun w/ Lettuce & Tomato Marinated Vegetable Salad Sliced Pears	4/20/2023  Cranberyy Chicken Salad on a Croissiant W/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk  Thursday 4/27/2023  BLT Salad Chopped Bacon, Diced Tomato over Mixed Greens Croutons 100% Fruit Punch	4/21/2023  Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk  Friday 4/28/2023  Deli Sliced Chicken & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad
A/17/2023  Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk  Monday 4/24/2023  Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion over Mixed Greens Tomato Wedges Crackers & 100% Grape Juice	4/18/2023  Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries 1% or Skim Milk  Tuesday 4/25/2023  Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw Tropical Fruit Mix	4/19/2023  Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fresh Banana 1% or Skim Milk Wednesday 4/26/2023  Turkey & Cheddar on Kaiser Bun w/ Lettuce & Tomato Marinated Vegetable Salad Sliced Pears	4/20/2023  Cranberyy Chicken Salad on a Croissiant W/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk  Thursday 4/27/2023  BLT Salad Chopped Bacon, Diced Tomato over Mixed Greens Croutons 100% Fruit Punch Fruit Mix	4/21/2023  Roast Beef & Swiss on WG Bread  w/ Lettuce & Tomato Potato Salad Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk  Friday 4/28/2023  Deli Sliced Chicken & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Apple Cinnamon Muffin

Final 12/30/2022

\*Salad dressing and Condiments available at senior centers





Menus Subject to change