

Eastern Nebraska Office on Aging

May 2022

Deli Menus

Monday 5/2/2022	Tuesday 5/3/2022	Wednesday 5/4/2022	Thursday 5/5/2022	Friday 5/6/2022
Ham & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Chocolate Pudding or Diet Pudding 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Apple Juice Peaches & Strawberries 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing over Mixed Greens Housemade Croutons 100% Grape Juice Fresh Banana 1% or Skim Milk	Deli Chicken & American Cheese on Vienna Bread w/ Lettuce & Tomato Potato Salad Mandarin Oranges 1% or Skim Milk	Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Coleslaw Cinnamon Applesauce 1% or Skim Milk
Monday 5/9/2022	Tuesday 5/10/2022	Wednesday 5/11/2022	Thursday 5/12/2022	Friday 5/13/2022
Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Mixed Greens w/ Greek Feta Dressing Crackers(2pks) 100% Fruit Punch Juice Fruit Mix 1% or Skim Milk	Tuna Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Tropical Fruit Mix 1% or Skim Milk	Turkey & Swiss on 1/2 Ciabatta Bun w/ Lettuce & Tomato Broccoli Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Crab Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Ambrosia Fruit Salad 1% Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk)/100% Fruit Punch Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk
Monday 5/16/2022	Tuesday 5/17/2022	Wednesday 5/18/2022	Thursday 5/19/2022	Friday 5/20/2022
Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw Raspberry Yogurt PC or Diet Pudding 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion over Mixed Greens Tomato Wedges Crackers & 100% Grape Juice Diced Peaches 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers (2pk) 100% Grape Juice Jello-Cake or Diet Jello-Cake 1% or Skim Milk	Creamy Cheese Tortellini over Mixed Greens w/ Grape Tomato & Black Olive Crackers(2pk) Sliced Pears 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef American Cheese w/ Lettuce & Tomato Pea Salad Pineapple Tidbits 1% or Skim Milk
Monday 5/23/2022	Tuesday 5/24/2022	Wednesday 5/25/2022	Thursday 5/26/2022	Friday 5/27/2022
Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Tropical Fruit Salad 1% or Skim Milk	Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Fresh Orange 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Mixed Greens with Asian Dressing Crackers(2pks) 100% Orange Juice Cinnamon Apples 1% or Skim Milk	Chicken Pasta Salad over Mixed Greens Sweet Potato Salad Housemade Croutons Fruit Cobbler or Fruit Mix 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing over Mixed Greens Housemade Croutons 100% Grape Juice Lemon Pudding or Diet Pudding 1% or Skim Milk
Monday 5/30/2022	Tuesday 5/31/2022			
 <p align="center">Senior Center Closed</p>	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Grape Juice Applesauce 1% or Skim Milk			 <p align="center">ENOA Nutrition Services Celebrating 50 Years</p>