



# Eastern Nebraska Office on Aging

## Deli Meals

### March 2022

	<b>Tuesday 3/1/2022</b>	<b>Wednesday 3/2/2022</b>	<b>Thursday 3/3/2022</b>	<b>Friday 3/4/2022</b>
	Turkey & Cheddar with Leaf Lettuce & Tomato on 1/2 Ciabatta Coleslaw Tropical Fruit 1% or Skim Milk	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Romaine Blend w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Apricot Halves 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad on Romaine Blend Salad Tomato Wedges Crackers(2pk) Cinnamon Apple Slices 1% Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Fruited Gelatin or Diet Gel. 1% or Skim Milk
<b>Monday 3/7/2022</b>	<b>Tuesday 3/8/2022</b>	<b>Wednesday 3/9/2022</b>	<b>Thursday 3/10/2022</b>	<b>Friday 3/11/2022</b>
Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Marinated Vegetable Salad Diced Pears 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Chocolate Chip Muffin 1% or Skim Milk	Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Coleslaw Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	BLT Salad Chopped Bacon, Dice Tomato & Romaine Lettuce Blend Housemade Croutons 100% Grape Juice Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk	Chicken Salad on Rye Bread w/ Lettuce & Tomato Tomato Cucumber & Onion Salad Applesauce 1% or Skim Milk
<b>Monday 3/14/2022</b>	<b>Tuesday 3/15/2022</b>	<b>Wednesday 3/16/2022</b>	<b>Thursday 3/17/2022</b>	<b>Friday 3/18/2022</b>
Deli Roast Beef & Cheddar Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Diced Peaches 1% or Skim Milk	Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Glazed Pineapple or Plain Pineapple 1% or Skim Milk	Chicken Pasta Salad over Romaine Blend Salad Tomato Wedges Housemade Croutons Classic Fruit Salad 1% or Skim Milk	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Emerald Pudding 1% or Skim Milk	Creamy Cheese Tortellini over Romaine Blend Salad w/ Grape Tomatoes & Black Olives Crackers (2pk) Fruit Cocktail 1% or Skim Milk
<b>Monday 3/21/2022</b>	<b>Tuesday 3/22/2022</b>	<b>Wednesday 3/23/2022</b>	<b>Thursday 3/24/2022</b>	<b>Friday 3/25/2022</b>
Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Cherry Cobbler or Applesauce 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Oatmeal Raisin or Diet Cookie 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing Housemade Croutons Romaine Lettuce Blend 100% Grape Juice Diced Pears 1% Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Salad Mix with Asian Dressing Crackers (2pk) 100% Apple Juice Pineapple Tidbits 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni, Cheese, Peppers & Red Onion on Vienna Bread Potato Salad Peaches & Strawberries 1% or Skim Milk
<b>Monday 3/28/2022</b>	<b>Tuesday 3/29/2022</b>	<b>Wednesday 3/30/2022</b>	<b>Thursday 3/31/2022</b>	
Ham & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Fruit Mix 1% or Skim Milk	Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Frosted Brownie or Diet Cookies 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Fruit Punch Juice Strawberry Shortcake or Plain Cake Square 1% or Skim Milk	Pecan Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Marinated Vegetable Salad Mandarin Oranges 1% or Skim Milk	

\*Salad dressing and Condiments available at senior centers

Menus subject to change