



**Eastern Nebraska Office on Aging
Deli Menu
March 2019**

Monday	Tuesday	Wednesday	Thursday	Friday 3/1/2019
				Ham & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Pineapple Tidbits 1% or Skim Milk
Monday 3/4/2019	Tuesday 3/5/2019	Wednesday 3/6/2019	Thursday 3/7/2019	Friday 3/8/2019
Chicken Pasta Salad over Romaine Blend Salad Tomato Wedges Housemade Croutons Carrifruit Salad 1% or Skim Milk	Turkey & Cheddar with Leaf Lettuce & Tomato on Ciabatta Coleslaw Blueberry Muffin Square or Diet Cookies 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 Gelatin 1% or Skim Milk
Monday 3/11/2019	Tuesday 3/12/2019	Wednesday 3/13/2019	Thursday 3/14/2019	Friday 3/15/2019
Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Marinated Vegetable Salad Applesauce 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Sliced Peaches 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	Tuna Salad on Rye Bread w/ Lettuce & Tomato Tomato Cucumber & Onion Salad Emerald Pudding or Diet Pudding 1% or Skim Milk
Monday 3/18/2019	Tuesday 3/19/2019	Wednesday 3/20/2019	Thursday 3/21/2019	Friday 3/22/2019
Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Frosted Brownie or Diet Cookies 1% or Skim Milk	Deli Roast Beef & Cheddar Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Diced Peaches 1% or Skim Milk	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk	Pecan Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Fresh Celery Sticks Peanut Butter Cup Mandarin Oranges 1% or Skim Milk	Creamy Cheese Tortellini over Romaine Blend Salad w/ Grape Tomatoes & Black Olives Crackers (2pk) Fruit Cocktail 1% or Skim Milk
Monday 3/25/2019	Tuesday 3/26/2019	Wednesday 3/27/2019	Thursday 3/28/2019	Friday 3/29/2019
Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Cherry Cobbler or Pear Slices 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Tapioca or Diet Pudding 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 Plum Halves 1% or Skim Milk

*Salad dressing and Condiments available at senior centers

Menus may be subject to change