




Eastern Nebraska Office on Aging

Deli Meals

April 2019

Monday 4/1/2019	Tuesday 4/2/2019	Wednesday 4/3/2019	Thursday 4/4/2019	Friday 4/5/2019
BLT Salad Chopped Bacon, Diced Tomato & Romaine Lettuce Blend Housemade Croutons 100% Fruit Punch Mandarin Oranges 1% or Skim Milk 	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk) 100% Apple Juice Pineapple & Strawberries 1% or Skim Milk	Roast Beef & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Raspberry Muffin Square or Diet Cookies 1% or Skim Milk	Ham & Cheddar on Kaiser Bun w/ Lettuce & Tomato Bleu Cheese Coleslaw Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Marinated Vegetable Salad Fresh Banana 1% or Skim Milk
Monday 4/8/2019	Tuesday 4/9/2019	Wednesday 4/10/2019	Thursday 4/11/2019	Friday 4/12/2019
Creamy Cheese Tortellini over Romaine Lettuce Blend w/ Grape Tomato & Black Olive Crackers(2pk) Tropical Fruit Mix 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef American Cheese w/ Lettuce & Tomato Pea Salad Fruit Cocktail 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Romaine Blend w/ Greek Feta Dressing Crackers(2pks) 100% Fruit Punch Juice Cinnamon Pear Slices 1% or Skim Milk	Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Potato Salad Chocolate Pudding or Diet Pudding 1% or Skim Milk
Monday 4/15/2019	Tuesday 4/16/2019	Wednesday 4/17/2019	Thursday 4/18/2019	Friday 4/19/2019
Crab Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Ambrosia Fruit Salad 1% Milk	Deli Chicken & American Cheese on Vienna Bread w/ Lettuce & Tomato Buffalo Potato Salad Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk 	Chicken Caesar Salad w/ Croutons & Caesar Dressing over Romaine Blend Lettuce 100% Grape Juice Strawberry Shortcake w/ Whipped Topping or Plain White Cake 1% or Skim Milk Easter Dinner	Turkey & Swiss on 1/2 Ciabatta Bun w/ Lettuce & Tomato Broccoli Salad Cinnamon Applesauce 1% or Skim Milk	Classic Chef Salad Turkey, Ham, Diced Egg American & Grape Tomatoes over Romaine Blend Lettuce Crackers (2pk) 100% Apple Juice Diced Peaches 1% or Skim Milk
Monday 4/22/2019	Tuesday 4/23/2019	Wednesday 4/24/2019	Thursday 4/25/2019	Friday 4/26/2019
Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Cowboy Caviar Fresh Orange 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk) 100% Fruit Punch Fruit Mix 1% or Skim Milk	Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Romaine Blend with Asian Dressing Crackers(2pks) 100% Orange Juice Pineapple Tidbits 1% or Skim Milk	Chicken Pasta Salad over Romaine Blend Lettuce Sweet Potato Salad Housemade Croutons Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk
Monday 4/29/2019	Tuesday 4/30/2019			
Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Tomato Wedges Crackers & 100% Grape Juice Diced Peaches 1% or Skim Milk	Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw Sliced Pears 1% or Skim Milk			

*Salad dressing and Condiments available at senior centers

Menus subject to change