

**Eastern Nebraska Office on Aging**

**Deli Meals**

**June 2019**

<b>Monday 6/3/2019</b>	<b>Tuesday 6/4/2019</b>	<b>Wednesday 6/5/2019</b>	<b>Thursday 6/6/2019</b>	<b>Friday 6/7/2019</b>
Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Raspberry Muffin Square 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% Apple Juice Fresh Banana 1% or Skim Milk	Turkey & Swiss on 1/2 Ciabatta Bun w/ Lettuce & Tomato Bleu Cheese Coleslaw Fruit Cocktail 1% or Skim Milk	Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Pea Salad Pineapple & Strawberries 1% or Skim Milk	BLT Salad Chopped Bacon, Diced Tomato & Romaine Lettuce Blend Housemade Croutons 100% Fruit Punch Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk
<b>Monday 6/10/2019</b>	<b>Tuesday 6/11/2019</b>	<b>Wednesday 6/12/2019</b>	<b>Thursday 6/13/2019</b>	<b>Friday 6/14/2019</b>
Deli Chicken & American Cheese on Vienna Bread w/ Lettuce & Tomato Buffalo Potato Salad Diced Peaches 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef American Cheese w/ Lettuce & Tomato Potato Salad Chocolate Pudding or Diet Pudding 1% or Skim Milk	Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw 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 Tropical Fruit 1% or Skim Milk	Roast Beef & Cheddar on Kaiser Bun w/ Lettuce & Tomato Marinated Vegetable Salad Cinnamon Pear Slices 1% or Skim Milk
<b>Monday 6/17/2019</b>	<b>Tuesday 6/18/2019</b>	<b>Wednesday 6/19/2019</b>	<b>Thursday 6/20/2019</b>	<b>Friday 6/21/2019</b>
Classic Chef Salad Turkey, Ham, Diced Egg American & Grape Tomatoes over Romaine Blend Lettuce Crackers (2pk) 100% Apple Juice Mandarin Oranges 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Broccoli Salad Cinnamon Applesauce 1% or Skim Milk	Ham & Cheddar on Wheat Bread w/ Lettuce & Tomato Cowboy Caviar Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing over Romaine Blend Lettuce Housemade Croutons 100% Grape Juice Bread Pudding or Diet Pudding 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
<b>Monday 6/24/2019</b>	<b>Tuesday 6/25/2019</b>	<b>Wednesday 6/26/2019</b>	<b>Thursday 6/27/2019</b>	<b>Friday 6/28/2019</b>
Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Fresh Orange 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Tomato Wedges Crackers & 100% Grape Juice Ambrosia Fruit Salad 1% Milk 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	Crab Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk	Creamy Cheese Tortellini over Romaine Lettuce Blend w/ Grape Tomato & Black Olive Crackers(2pk) Tropical Fruit Mix 1% or Skim Milk
				

\*Salad dressing and Condiments available at senior centers

Menus Subject to Change