




Eastern Nebraska Office on Aging

May 2019

Deli Menus

Monday	Tuesday	Wednesday 5/1/2019	Thursday 5/2/2019	Friday 5/3/2019
		Roast Beef & Cheddar on Kaiser Bun w/ Lettuce & Tomato Marinated Vegetable Salad Fresh Banana 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	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Bleu Cheese Coleslaw Chocolate Pudding or Diet Pudding 1% or Skim Milk
Monday 5/6/2019	Tuesday 5/7/2019	Wednesday 5/8/2019	Thursday 5/9/2019	Friday 5/10/2019
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	Ham & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Raspberry Muffin Square or Diet Cookies 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing over Romaine Blend Lettuce Housemade Croutons 100% Grape Juice Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Potato Salad Mandarin Oranges 1% or Skim Milk	Deli Chicken & American Cheese on Vienna Bread w/ Lettuce & Tomato Buffalo Potato Salad Fruit Mix 1% or Skim Milk
Monday 5/13/2019	Tuesday 5/14/2019	Wednesday 5/15/2019	Thursday 5/16/2019	Friday 5/17/2019
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	Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Turkey & Swiss on 1/2 Ciabatta Bun w/ Lettuce & Tomato Broccoli Salad Tropical Fruit Mix 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 Romaine Lettuce Blend Crackers(2pk)/100% Fruit Punch Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk
Monday 5/20/2019	Tuesday 5/21/2019	Wednesday 5/22/2019	Thursday 5/23/2019	Friday 5/24/2019
Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw Peach Yogurt PC or Diet Pudding 1% or Skim Milk	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	Creamy Cheese Tortellini over Romaine Lettuce Blend w/ Grape Tomato & Black Olive Crackers(2pk) Strawberry Applesauce 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Fruit Cobbler or Plain Cake Square 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef American Cheese w/ Lettuce & Tomato Pea Salad Fruit Cocktail 1% or Skim Milk
Monday 5/27/2019	Tuesday 5/28/2019	Wednesday 5/29/2019	Thursday 5/30/2019	Friday 5/31/2019
 Senior Centers Closed	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 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	Chicken Caesar Salad w/ Caesar Dressing over Romaine Blend Lettuce Housemade Croutons 100% Grape Juice Bread Pudding or Diet Pudding 1% or Skim Milk

Menus Subject to Change

*Salad dressing and Condiments available at senior centers