

**Eastern Nebraska Office on Aging**

**Deli Meals  
August 2019**



Monday	Tuesday	Wednesday	Thursday 8/1/2019	Friday 8/2/2019
			Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Potato Salad Fruit Cocktail 1% or Skim Milk	Creamy Cheese Tortellini over Romaine Blend Salad Grape Tomatoes & Black Olives Housemade Croutons Sliced Pears 1% or Skim Milk
Monday 8/5/2019	Tuesday 8/6/2019	Wednesday 8/7/2019	Thursday 8/8/2019	Friday 8/9/2019
BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) Vegetable Juice Cinnamon Applesauce 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Apple Juice WG Breadstick Sugar Cookie or Diet Cookies 1% or Skim Milk	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Fresh Orange 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch Crackers(2pk) Butterscotch or Diet Pudding 1% or Skim Milk	Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Pea Salad Strawberries & Pineapple 1% or Skim Milk
Monday 8/12/2019	Tuesday 8/13/2019	Wednesday 8/14/2019	Thursday 8/15/2019	Friday 8/16/2019
Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Diced Peaches 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Crackers & 100% Apple Juice Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk	Egg Salad on Vienna Bread w/ Lettuce & Tomato Marinated Vegetable Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Frosted Brownie 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch WG Breadstick/Marg Sliced Peaches 1% or Skim Milk
Monday 8/19/2019	Tuesday 8/20/2019	Wednesday 8/21/2019	Thursday 8/22/2019	Friday 8/23/2019
Ranch Chicken Salad on Kaiser Bun w/ Lettuce & Tomato Broccoli Salad Strawberry Delight or Diet Cookies 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Sweet Potato Salad Tropical Fruit Mix 1% or Skim Milk	Tuna Salad on WG Bread w/ Lettuce & Tomato Marinated Vegetable Salad Strawberry Applesauce 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk) 100% Grape Juice Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Ham Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Ambrosia Salad 1% or Skim Milk
Monday 8/26/2019	Tuesday 8/27/2019	Wednesday 8/28/2019	Thursday 8/29/2019	Friday 8/30/2019
Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Romaine Blend Salad 100% Grape Crackers(2pk) Mandarin Oranges 1% or Skim Milk	Crab Salad on Croissant w/ Lettuce & Tomato Sweet Potato Salad Strawberry Shortcake or Diet Strawberry Jello Cake 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Romaine Blend Salad 100% Grape Juice Vanilla Pudding or Diet Pudding 1% or Skim Milk	Ham Chef Salad Diced Ham, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch Crackers(2pk) Cinnamon Apple Slices 1% or Skim Milk	Roast Beef & Swiss on Kaiser Bun w/ Lettuce & Tomato 3 Bean Salad Pineapple Tidbits 1% or Skim Milk

Final 6/3/2019

\*Salad Dressing and Condiments available at senior center

Menus subject to change