




**Eastern Nebraska Office on Aging**

**Deli Meals**

**July 2019**

<b>Monday 7/1/2019</b>	<b>Tuesday 7/2/2019</b>	<b>Wednesday 7/3/2019</b>	<b>Thursday 7/4/2019</b>	<b>Friday 7/5/2019</b>
Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk) 100% Grape Juice Fresh Orange 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	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Apple Juice WG Breadstick Sugar Cookie or Diet Cookies 1% or Skim Milk	 <b>Senior Centers Closed</b>	Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Fruit Cocktail 1% or Skim Milk
<b>Monday 7/8/2019</b>	<b>Tuesday 7/9/2019</b>	<b>Wednesday 7/10/2019</b>	<b>Thursday 7/11/2019</b>	<b>Friday 7/12/2019</b>
Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Mandarin Oranges 1% or Skim Milk	Roast Beef & Swiss on Kaiser Bun w/ Lettuce & Tomato 3 Bean Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Creamy Cheese Tortellini over Romaine Blend Salad Grape Tomatoes & Black Olives Housemade Croutons Sliced Pears 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch Crackers(2pk) Butterscotch or Diet Pudding 1% or Skim Milk
<b>Monday 7/15/2019</b>	<b>Tuesday 7/16/2019</b>	<b>Wednesday 7/17/2019</b>	<b>Thursday 7/18/2019</b>	<b>Friday 7/19/2019</b>
Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch WG Breadstick/Marg Sliced Peaches 1% or Skim Milk	Ranch Chicken Salad on Kaiser Bun w/ Lettuce & Tomato Broccoli Salad Cinnamon Applesauce 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	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Crackers & 100% Apple Juice Strawberry Delight or Diet Cookies 1% or Skim Milk	Ham Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Strawberries & Pineapple 1% or Skim Milk
<b>Monday 7/22/2019</b>	<b>Tuesday 7/23/2019</b>	<b>Wednesday 7/24/2019</b>	<b>Thursday 7/25/2019</b>	<b>Friday 7/26/2019</b>
Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Frosted Brownie 1% or Skim Milk	Crab Salad on Croissant w/ Lettuce & Tomato Sweet Potato Salad Plum Halves 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) Vegetable Juice Ambrosia Salad 1% or Skim Milk	Tuna Salad on WG Bread w/ Lettuce & Tomato Marinated Vegetable Salad Strawberry Applesauce 1% or Skim Milk	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk
<b>Monday 7/29/2019</b>	<b>Tuesday 7/30/2019</b>	<b>Wednesday 7/31/2019</b>	<b>Thursday</b>	<b>Friday</b>
Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Romaine Blend Salad 100% Grape Juice Strawberry Shortcake or Diet Strawberry Jello Cake 1% or Skim Milk	Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Romaine Blend Salad Crackers/100% Grape Juice Vanilla Pudding or Diet Pudding 1% or Skim Milk	Egg Salad on Vienna Bread w/ Lettuce & Tomato Marinated Vegetable Salad Pineapple Tidbits 1% or Skim Milk		

Final 6/3/2019

**\*Salad dressing and Condiments available at senior centers**

Menus subject to change