

**Eastern Nebraska Office on Aging**

**Deli Meals  
September 2019**

<b>Monday 9/2/2019</b>	<b>Tuesday 9/3/2019</b>	<b>Wednesday 9/4/2019</b>	<b>Thursday 9/5/2019</b>	<b>Friday 9/6/2019</b>
 <b>Senior Centers Closed</b>	Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Fresh Orange 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	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Fruit Cocktail 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
<b>Monday 9/9/2019</b>	<b>Tuesday 9/10/2019</b>	<b>Wednesday 9/11/2019</b>	<b>Thursday 9/12/2019</b>	<b>Friday 9/13/2019</b>
Ham Chef Salad Diced Ham, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch Crackers(2pk) Fresh Orange 1% or Skim Milk	Creamy Cheese Tortellini over Romaine Blend Salad Grape Tomatoes & Black Olives Housemade Croutons Sliced Pears 1% or Skim Milk	Ham & Swiss on Vienna Bread w/ Lettuce & Tomato Pea Salad Decorated Birthday Cake or Plain Cake Square 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	Ranch Chicken Salad on Kaiser Bun w/ Lettuce & Tomato Broccoli Salad Cinnamon Applesauce 1% or Skim Milk
<b>Monday 9/16/2019</b>	<b>Tuesday 9/17/2019</b>	<b>Wednesday 9/18/2019</b>	<b>Thursday 9/19/2019</b>	<b>Friday 9/20/2019</b>
Tuna Salad on WG Bread w/ Lettuce & Tomato Marinated Vegetable Salad Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Deli Chicken & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Strawberry Applesauce 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers/100% Grape Juice Vanilla Pudding or Diet Pudding 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	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Frosted Brownie 1% or Skim Milk
<b>Monday 9/23/2019</b>	<b>Tuesday 9/24/2019</b>	<b>Wednesday 9/25/2019</b>	<b>Thursday 9/26/2019</b>	<b>Friday 9/27/2019</b>
Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Romaine Blend Salad 100% Grape Juice Diced Pears 1% or Skim Milk	Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Romaine Blend Salad 100% Grape Crackers(2pk) Pineapple Tidbits 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) Vegetable Juice Strawberry Shortcake or Diet Strawberry Jello Cake 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Sweet Potato Salad Plum Halves 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Crackers & 100% Apple Juice Cherry Vanilla Yogure Diet Pudding 1% or Skim Milk
<b>Monday 9/30/2019</b>				
Ham Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Cinnamon Apple Slices 1% or Skim Milk				

Final 6/3/2019

\*Salad dressing and Condiments available at senior centers

Menus subject to change