

Eastern Nebraska Office on Aging

Deli Menus

December 2019

Monday 12/2/2019	Tuesday 12/3/2019	Wednesday 12/4/2019	Thursday 12/5/2019	Friday 12/6/2019
Creamy Crab & Baby Shrimp Macaroni Salad over Romaine Blend Salad Tomato Wedges Crackers(2pk) Pear Slices 1% or Skim Milk	Ham & Swiss on Vienna Bread w/ Lettuce & Tomato Coleslaw Banana Muffin Square 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch Crackers(2pk) Pineapple & Strawberries 1% or Skim Milk	Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Potato Salad Chocolate Pudding or Diet Pudding 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch WG Breadstick/Marg Sliced Apricots 1% or Skim Milk
Monday 12/9/2019	Tuesday 12/10/2019	Wednesday 12/11/2019	Thursday 12/12/2019	Friday 12/13/2019
Ham Chef Salad Diced Ham, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch Crackers(2pk) Peanut Butter or Diet Cookie 1% or Skim Milk	Egg Salad on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Diced Peaches 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch Crackers(2pk) Decorated or Plain Bday Cake 1% or Skim Milk	Roast Beef & Cheddar on WG Bun w/ Lettuce & Tomato Cowboy Caviar Tropical Fruit Mix 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Crackers & 100% Apple Juice Fruit Crisp or Fruit Mix 1% or Skim Milk
Monday 12/16/2019	Tuesday 12/17/2019	Wednesday 12/18/2019	Thursday 12/19/2019	Friday 12/20/2019
Tuna Salad on WG Bread w/ Lettuce & Tomato Cowboy Caviar Fresh Orange 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) 100% Grape Juice Plum Halves 1% or Skim Milk	Roast Beef & American on Vienna Bread w/ Lettuce & Tomato Pea Salad Cheesecake with Cherry Topping or Diet Pudding 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Broccoli Salad Fruit Cocktail 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes over Romaine Blend Salad Crackers(2pkg) 100% Fruit Punch Pear Slices 1% or Skim Milk
Monday 12/23/2019	Tuesday 12/24/2019	Wednesday 12/25/2019	Thursday 12/26/2019	Friday 12/27/2019
Deli Chicken & American on Vienna Bread w/ Lettuce & Tomato Marinated Vegetable Salad Fresh Banana 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Romaine Blend Salad 100% Grape Juice Mandarin Oranges & Pineapple 1% or Skim Milk	 Christmas Day Holiday Senior Centers closed	Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Bleu Cheese Coleslaw Strawberry Applesauce 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Sweet Potato Salad Strawbery Yogurt Cup or Diet Pudding 1% or Skim Milk
Monday 12/30/2019	Tuesday 12/31/2019			
Three Meat Sandwich Turkey, Ham, Roast Beef Amer. & Swiss Cheese on WG Hoagie Bun w/ Lettuce & Tomato Carrot Raisin Salad Applesauce 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomato over Romaine Blend Salad Crackers(2pks) 100% Fruit Punch Juice Frosted Brownie or Diet Cookie 1% or Skim Milk			

*Salad Dressing and Condiments available at Senior Center

Menus subject to change