

**Eastern Nebraska Office on Aging  
Deli Menus  
November 2019**

Monday	Tuesday	Wednesday	Thursday	Friday 11/1/2019
				Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk) 100% Grape Juice Diced Peaches 1% or Skim Milk
<b>Monday 11/4/2019</b>	<b>Tuesday 11/5/2019</b>	<b>Wednesday 11/6/2019</b>	<b>Thursday 11/7/2019</b>	<b>Friday 11/8/2019</b>
Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Coleslaw Fresh Orange 1% or Skim Milk	Reuben Salad Sliced Corned Beef Sauerkraut & 1000 Island over Romaine Blend Salad Housemade Rye Croutons Tropical Fruit Mix 1% or Skim Milk	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Banana Muffin Square 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad on Romaine Blend Salad Tomato Wedges Crackers(2pk) Pear Slices 1% or Skim Milk	Egg Salad on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Pineapple Tidbits 1% or Skim Milk
<b>Monday 11/11/2019</b>	<b>Tuesday 11/12/2019</b>	<b>Wednesday 11/13/2019</b>	<b>Thursday 11/14/2019</b>	<b>Friday 11/15/2019</b>
 <b>Senior Centers closed</b>	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Blend Salad Crackers(2pk) 100% Grape Juice Fresh Orange 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Crackers & 100% Apple Juice Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Cinnamon Applesauce 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch WG Breadstick/Marg Peaches 1% or Skim Milk
<b>Monday 11/18/2019</b>	<b>Tuesday 11/19/2019</b>	<b>Wednesday 11/20/2019</b>	<b>Thursday 11/21/2019</b>	<b>Friday 11/22/2019</b>
Grilled Chicken Strip Salad w/ American Cheese, Grape Tomatoes & Black Olive over Romaine Blend Salad Crackers(2pk) 100% Apple Juice Mandarin Oranges 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Sweet Potato Salad Ambrosia 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) 100% Grape Juice Butterscotch or Diet Pudding 1% or Skim Milk	Roast Beef & Swiss on Honey Wheat Bread w/ Lettuce & Tomato Bleu Cheese Coleslaw Diced Pears 1% or Skim Milk	Ham Salad on Marble Bread w/ Lettuce & Tomato Pea Salad Fruit Crisp or Fruit Mix 1% or Skim Milk
<b>Monday 11/25/2019</b>	<b>Tuesday 11/26/2019</b>	<b>Wednesday 11/27/2019</b>	<b>Thursday 11/28/2019</b>	<b>Friday 11/29/2019</b>
Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Romaine Blend Salad 100% Grape Juice Fruited Gelatin or Fruited Diet Gelatin 1% or Skim Milk	Turkey & American on WG Bread w/ Lettuce & Tomato Broccoli Salad Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg, Swiss Cheese & Grape Tomatoes over Romaine Blend Salad Crackers(2pk) 100% Fruit Punch Pumpkin Pie w/ Whip Topping or Diet Pudding 1% or Skim Milk	 <b>Thanksgiving Holiday Senior Centers closed</b>	<b>Thanksgiving Holiday Senior Centers closed</b>

\*Salad Dressing and Condiments available at Senior Center

Menus subject to change