
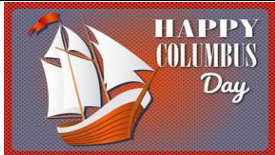



Eastern Nebraska Office on Aging

**Deli Meals
October 2019**

	Tuesday 10/1/2019	Wednesday 10/2/2019	Thursday 10/3/2019	Friday 10/4/2019
	Sliced Turkey & American Cheese on 1/2 Ciabatta Bun w/ Lettuce & Tomato Potato Salad Pear Slices 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad on Romaine Blend Salad Tomato Wedges Crackers(2pks) Banana Muffin Square 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Coleslaw Diced Peaches 1% or Skim Milk	Reuben Salad Sliced Corned Beef Sauerkraut & 1000 Island over Romaine Blend Housemade Rye Croutons Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk
Monday 10/7/2019	Tuesday 10/8/2019	Wednesday 10/9/2019	Thursday 10/10/2019	Friday 10/11/2019
Roast Beef & Swiss on Kaiser Bun w/ Lettuce & Tomato Pea Salad Tropical Fruit Mix 1% or Skim Milk	Creamy Cheese Tortellini over Romaine Blend Salad Grape Tomatoes & Black Olives Housemade Croutons Fresh Orange 1% or Skim Milk	Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Tapioca Pudding or Diet Pudding 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch Crackers(2pk) Pineapple & Strawberries 1% or Skim Milk
Monday 10/14/2019	Tuesday 10/15/2019	Wednesday 10/16/2019	Thursday 10/17/2019	Friday 10/18/2019
 Senior Center Closed	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch WG Breadstick Peanut Butter or Diet Cookie 1% or Skim Milk	Italian Herb Chicken Salad on Croissant w/ Lettuce & Tomato Broccoli Salad Fresh Banana 1% or Skim Milk	Three Meat Sandwich Turkey, Ham, Roast Beef & American Cheese on Vienna Bread Herb Roasted Potato Salad Fruit Crisp or Mixed Fruit 1% or Skim Milk	Ham Salad on Rye Bread w/ Lettuce & Tomato Cowboy Caviar Mandarin Oranges 1% or Skim Milk
Monday 10/21/2019	Tuesday 10/22/2019	Wednesday 10/23/2019	Thursday 10/24/2019	Friday 10/25/2019
Italian Sandwich Turkey, Ham, Pepperoni Cheese, Peppers & Red Onions on Vienna Bread Sweet Pepper Coleslaw Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing, Parm & Housemade Croutons over Romaine Blend Salad Crackers(2pk) 100% Orange Juice Cinnamon Applesauce 1% or Skim Milk	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Fruited Gelatin or Fruited Diet Gelatin 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch Crackers(2pk) Sliced Apricots 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) Vegetable Juice Frosted Brownie or Diet Cookie 1% or Skim Milk
Monday 10/28/2019	Tuesday 10/29/2019	Wednesday 10/30/2019	Thursday 10/31/2019	Friday
Chicken Pasta Salad Three Bean Salad Tomato Wedges WG Breadstick Mandarin Oranges 1% or Skim Milk	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Pear Slices 1% or Skim Milk	Classic Chef Salad Ham & Swiss Cheese Egg & Grape Tomatoes over Romaine Blend Salad 100% Orange Juice Crackers(2pks) Strawberry Applesauce 1% or Skim Milk	Cobb Salad with Bacon Diced Egg, Chicken & Ham with Bleu Cheese Crumbles over Romain Blend Salad 100% Apple Juice Crackers(2pkg) Pumpkin Muffin Square 1% or Skim Milk	

*Salad Dressing and Condiments available at Senior Center

Menus subject to change