

Eastern Nebraska Office on Aging

Deli Meals

April 2020

Monday	Tuesday	Wednesday 4/1/2020	Thursday 4/2/2020	Friday 4/3/2020
		Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Romaine Blend w/ Greek Feta Dressing Crackers(2pks) 100% Fruit Punch Juice Pineapple 1% or Skim Milk	Chicken Pasta Salad over Romaine Blend Lettuce Sweet Potato Salad Housemade Croutons Cinnamon Pear Slices 1% or Skim Milk	BLT Salad Chopped Bacon, Diced Tomato & Romaine Lettuce Blend Housemade Croutons 100% Fruit Punch Chocolate Pudding or Diet Pudding 1% or Skim Milk
		Monday 4/6/2020	Tuesday 4/7/2020	Wednesday 4/8/2020
Creamy Cheese Tortellini over Romaine Lettuce Blend w/ Grape Tomato & Black Olive Crackers(2pk) Tropical Fruit Mix 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef American Cheese w/ Lettuce & Tomato Pea Salad Fruit Cocktail 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Decorated Easter Cake or Plain Cake Square 1% or Skim Milk 	Ham & Swiss Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Peaches & Strawberries 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk) 100% Apple Juice Mandarin Oranges 1% or Skim Milk
Monday 4/13/2020	Tuesday 4/14/2020	Wednesday 4/15/2020	Thursday 4/16/2020	Friday 4/17/2020
Crab Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Ambrosia Fruit Salad 1% Milk	Deli Chicken & American Cheese on Vienna Bread w/ Lettuce & Tomato Buffalo Potato Salad Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk	Chicken Caesar Salad w/ Croutons & Caesar Dressing over Romaine Blend Lettuce 100% Grape Juice Strawberry Shortcake w/ Whipped Topping or Plain White Cake 1% or Skim Milk	Turkey & Swiss on 1/2 Ciabatta Bun w/ Lettuce & Tomato Broccoli Salad Cinnamon Applesauce 1% or Skim Milk	Classic Chef Salad Turkey, Ham, Diced Egg American & Grape Tomatoes over Romaine Blend Lettuce Crackers (2pk) 100% Apple Juice Gelatin w/ Pears 1% or Skim Milk
Monday 4/20/2020	Tuesday 4/21/2020	Wednesday 4/22/2020	Thursday 4/23/2020	Friday 4/24/2020
Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Cowboy Caviar Fresh Orange 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk) 100% Fruit Punch Pineapple 1% or Skim Milk	Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Fresh Banana 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Romaine Blend with Asian Dressing Crackers(2pks) 100% Orange Juice Fruit Mix 1% or Skim Milk	Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Potato Salad Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk
Monday 4/27/2020	Tuesday 4/28/2020	Wednesday 4/29/2020	Thursday 4/30/2020	Friday
Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Tomato Wedges Crackers & 100% Grape Juice Diced Peaches 1% or Skim Milk	Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw Sliced Pears 1% or Skim Milk	Roast Beef & Cheddar on Kaiser Bun w/ Lettuce & Tomato Marinated Vegetable Salad Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	BLT Salad Chopped Bacon, Diced Tomato & Romaine Lettuce Blend Housemade Croutons 100% Fruit Punch Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	

*Salad dressing and Condiments available at senior centers

Menus subject to change