

Eastern Nebraska Office on Aging

Deli Meals

May 2020

Monday	Tuesday	Wednesday	Thursday	Friday 5/1/2020
				Ham & American Cheese on WG Bread w/ Lettuce & Tomato Bleu Cheese Coleslaw Cherry Muffin Square 1% or Skim Milk
Monday 5/4/2020	Tuesday 5/5/2020	Wednesday 5/6/2020	Thursday 5/7/2020	Friday 5/8/2020
Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk) 100% Apple Juice Peaches & Strawberries 1% or Skim Milk	Ham & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Chocolate Pudding or Diet Pudding 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing over Romaine Blend Lettuce Housemade Croutons 100% Grape Juice Strawberry Applesauce 1% or Skim Milk	Deli Chicken & American Cheese on Vienna Bread w/ Lettuce & Tomato Potato Salad Mandarin Oranges 1% or Skim Milk	Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Buffalo Potato Salad Pineapple or Skim Milk
Monday 5/11/2020	Tuesday 5/12/2020	Wednesday 5/13/2020	Thursday 5/14/2020	Friday 5/15/2020
Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Romaine Blend w/ Greek Feta Dressing Crackers(2pks) 100% Fruit Punch Juice Fruit Mix 1% or Skim Milk	Tuna Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Turkey & Swiss on 1/2 Ciabatta Bun w/ Lettuce & Tomato Broccoli Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Crab Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Ambrosia Fruit Salad 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk)/100% Fruit Punch Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk
Monday 5/18/2020	Tuesday 5/19/2020	Wednesday 5/20/2020	Thursday 5/21/2020	Friday 5/22/2020
Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw Peach Yogurt or Diet Pudding 1% or Skim Milk	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	Creamy Cheese Tortellini over Romaine Lettuce Blend w/ Grape Tomato & Black Olive Crackers(2pk) Tropical Fruit Mix 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Fruit Cobbler or Plain Cake Square 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef American Cheese w/ Lettuce & Tomato Pea Salad Fruit Cocktail 1% or Skim Milk
Monday 5/25/2020	Tuesday 5/26/2020	Wednesday 5/27/2020	Thursday 5/28/2020	Friday 5/29/2020
 Senior Centers Closed	Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Fresh Orange 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Romaine Blend with Asian Dressing Crackers(2pks) 100% Orange Juice Pineapple Tidbits 1% or Skim Milk	Chicken Pasta Salad over Romaine Blend Lettuce Sweet Potato Salad Housemade Croutons Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing over Romaine Blend Lettuce Housemade Croutons 100% Grape Juice Lemon Pudding or Diet Pudding 1% or Skim Milk



*Salad dressing and Condiments available at senior centers

Menus subject to change