

Eastern Nebraska Office on Aging

Deli Meals August 2021

Monday 8/2/2021	Tuesday 8/3/2021	Wednesday 8/4/2021	Thursday 8/5/2021	Friday 8/6/2021
BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) Vegetable Juice Sugar Cookie or Diet Cookies 1% or Skim Milk	Ham & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Diced Peaches 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch Juice WG Breadstick Applesauce 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Apple Juice Crackers(2pk) Butterscotch or Diet Pudding 1% or Skim Milk	Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Coleslaw Strawberries & Pineapple 1% or Skim Milk
Monday 8/9/2021	Tuesday 8/10/2021	Wednesday 8/11/2021	Thursday 8/12/2021	Friday 8/13/2021
Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Crackers & 100% Apple Juice Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk	Egg Salad on Vienna Bread w/ Lettuce & Tomato Marinated Vegetable Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Fudge Round or Diet Cookies 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch WG Breadstick/Marg Sliced Peaches 1% or Skim Milk
Monday 8/16/2021	Tuesday 8/17/2021	Wednesday 8/18/2021	Thursday 8/19/2021	Friday 8/20/2021
Ranch Chicken Salad on Kaiser Bun w/ Lettuce & Tomato Broccoli Salad Strawberry Delight or Diet Cookies 1% or Skim Milk	Tuna Salad on WG Bread w/ Lettuce & Tomato Marinated Vegetable Salad Strawberry Applesauce 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Sweet Potato Salad Tropical Fruit Mix 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk) 100% Grape Juice Chocolate Chip or Diet Cookie 1% or Skim Milk	Ham Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Ambrosia Salad 1% or Skim Milk
Monday 8/23/2021	Tuesday 8/24/2021	Wednesday 8/25/2021	Thursday 8/26/2021	Friday 8/27/2021
Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Romaine Blend Salad 100% Grape Crackers(2pk) Mandarin Oranges 1% or Skim Milk	Crab Salad on Croissant w/ Lettuce & Tomato Sweet Potato Salad Vanilla Pudding or Diet Pudding 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Romaine Blend Salad 100% Grape Juice Pineapple Tidbits 1% or Skim Milk	Ham Chef Salad Diced Ham, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch Crackers(2pk) Cinnamon Apple Slices or Plain Applesauce 1% or Skim Milk	Roast Beef & Swiss on Kaiser Bun w/ Lettuce & Tomato Three Bean Salad Strawberry Shortcake or Plain Cake Square 1% or Skim Milk
Monday 8/30/2021	Tuesday 8/31/2021			
Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Sliced Pears 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch/Crackers Lemon Blueberry Muffin Square 1% or Skim Milk			

* Condiments and Salad Dressing available at the center