




Eastern Nebraska Office on Aging

Deli Meals

July 2021

			Thursday 7/1/2021	Friday 7/2/2021
			Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Apple Juice WG Breadstick Sugar Cookie or Diet Cookies 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch Crackers(2pk) Melon Cup 1% or Skim Milk
Monday 7/5/2021	Tuesday 7/6/2021	Wednesday 7/7/2021	Thursday 7/8/2021	Friday 7/9/2021
 Senior Centers Closed	Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Butterscotch Pudding or Diet Pudding 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	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Crackers & 100% Apple Juice Strawberry Delight or Diet Cookies 1% or Skim Milk	Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Mandarin Oranges 1% or Skim Milk
Monday 7/12/2021	Tuesday 7/13/2021	Wednesday 7/14/2021	Thursday 7/15/2021	Friday 7/16/2021
Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch WG Breadstick/Marg Sliced Peaches 1% or Skim Milk	Ranch Chicken Salad on Kaiser Bun w/ Lettuce & Tomato Broccoli Salad Applesauce 1% or Skim Milk	Roast Beef & Swiss on WG Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Creamy Cheese Tortellini over Romaine Blend Salad Grape Tomatoes & Black Olives Housemade Croutons Rice Krispie Bar 1% or Skim Milk	Ham Salad on Rye Bread w/ Lettuce & Tomato Cowboy Caviar Strawberries & Pineapple 1% or Skim Milk
Monday 7/19/2021	Tuesday 7/20/2021	Wednesday 7/21/2021	Thursday 7/22/2021	Friday 7/23/2021
Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Marinated Vegetable Salad Fudge Round or Diet Cookies 1% or Skim Milk	Crab Salad on Croissant w/ Lettuce & Tomato Sweet Potato Salad Apricot Halves 1% or Skim Milk	Tuna Salad on WG Bread w/ Lettuce & Tomato Pea Salad Ambrosia Salad 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) Vegetable Juice Applesauce 1% or Skim Milk	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk
Monday 7/26/2021	Tuesday 7/27/2021	Wednesday 7/28/2021	Thursday 7/29/2021	Friday 7/30/2021
Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Romaine Blend Salad Crackers/100% Apple Juice Pineapple Tidbits 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Romaine Blend Salad 100% Grape Juice Diced Pears 1% or Skim Milk	Egg Salad on Vienna Bread w/ Lettuce & Tomato Marinated Vegetable Salad Vanilla Pudding or Diet Pudding 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Grape Juice/Craclers Strawberry Shortcake or Plain Cake Square 1% or Skim Milk	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk) 100% Fruit Punch Cinnamon Apple Slices or Plain Applesauce 1% or Skim Milk

* Condiments and Salad Dressing available at the center