

Eastern Nebraska Office on Aging

Deli Meals September 2021

		Wednesday 9/1/2021	Thursday 9/2/2021	Friday 9/3/2021
		Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch Crackers(2pk) Butterscotch or Diet Pudding 1% or Skim Milk	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Fruit Cocktail 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch WG Breadstick/Marg Mandarin Oranges 1% or Skim Milk
Monday 9/6/2021	Tuesday 9/7/2021	Wednesday 9/8/2021	Thursday 9/9/2021	Friday 9/10/2021
 Senior Centers Closed	Creamy Cheese Tortellini over Romaine Blend Salad Grape Tomatoes & Black Olives Housemade Croutons Fresh Orange 1% or Skim Milk	Ham & Swiss on Vienna Bread w/ Lettuce & Tomato Pea Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Apple Juice WG Breadstick Sugar Cookie or Diet Cookies 1% or Skim Milk	Ranch Chicken Salad on Kaiser Bun w/ Lettuce & Tomato Broccoli Salad Applesauce 1% or Skim Milk
Monday 9/13/2021	Tuesday 9/14/2021	Wednesday 9/15/2021	Thursday 9/16/2021	Friday 9/17/2021
Tuna Salad on WG Bread w/ Lettuce & Tomato Coleslaw Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Deli Chicken & American on Vienna Bread Marinated Vegetable Salad Strawberry Applesauce 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers/100% Grape Juice Vanilla 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	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Fudge Round or Diet Cookies 1% or Skim Milk
Monday 9/20/2021	Tuesday 9/21/2021	Wednesday 9/22/2021	Thursday 9/23/2021	Friday 9/24/2021
Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Romaine Blend Salad 100% Grape Juice Diced Pears 1% or Skim Milk	Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Romaine Blend Salad 100% Grape Crackers(2pk) Oatmeal Crm Pie or Diet Cookies 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) Vegetable Juice Straw. Shortcake or Plain Cake 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Crackers(2pk) 100% Apple Juice Apricot Halves 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Sweet Potato Salad Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk
Monday 9/27/2021	Tuesday 9/28/2021	Wednesday 9/29/2021	Thursday 9/30/2021	
Ham Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Pineapple Tidbits 1% or Skim Milk	Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Potato Salad Strawberry Delight or Diet Cookies 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Apple Juice WG Breadstick Fruit Cocktail 1% or Skim Milk	Tuna Salad on Croissant w/ Lettuce & Tomato Coleslaw Applesauce 1% or Skim Milk	

* Condiments and Salad Dressing available at the center