

Somerset County Senior Center Menus – Week 5 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 3 oz. Orange Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium**
Orange Ginger Sauce (**Please Send Extra Orange Ginger Sauce Separately**)
- ½ c. Confetti Rice
- ½ c. Broccoli Florets
- ½ c. Arugula with 1 Tbsp. Carrots + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Pumpernickel Bread – Butter
- 1 ea. Oatmeal Raisin Cookie/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 2% or Skim Milk

TUESDAY

- 4 oz. Assorted Fruit Juices
- 1 ea. (3 oz.) Beef Hamburger Patty + 1 Large Romaine Lettuce Leaf + 1 sl. Red Onion +
1 sl. Tomato (**1/8 Inch Thick**) (**Please Send Romaine Lettuce, Red Onion &**
Tomato Separately)
- ½ c. Black Beans & Yellow Corn
- ½ c. Coleslaw
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- ½ c. Vanilla Ice Cream/ ½ c. **Sugar Free Vanilla Ice Cream – Diabetic**
- 8 oz. 2% or Skim Milk

WEDNESDAY

- 4 oz. Assorted Fruit Juices
- 8 oz. Turkey Chili (Made with Ground Turkey, Kidney Beans, Onions & Spices)
- ½ c. Roasted Sweet Potatoes
- ½ c. Brussels Sprouts
- ½ c. Spring Mix with 1Tbsp. Dried Cranberries + 1 Tbsp. Carrots – Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- 1 sl. Fresh Honeydew Melon (**12 Slices Per Honeydew Melon**) (**Caterer will send whole on**
Tuesday with the delivery) (**Staff will have to cut onsite**)
- 8 oz. 2% or Skim Milk

THURSDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Chicken Breast Francaise (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium**
Lemon Butter Sauce (**Please Send Extra Lemon Butter Sauce Separately**)
- ½ c. Whole Grain Rotini Pasta
- ½ c. Carrots, Red Pepper & Green Pepper Medley
- ½ c. Salad Blend with 1 Tbsp. Sliced Black Olives + 1 Tbsp. Carrots – Salad Dressing
- 1 ea. Onion Roll – Butter
- 1 ea. Fresh Nectarine
- 8 oz. 2% or Skim Milk

FRIDAY

- 6 oz. **Reduced Sodium** Cream of Mushroom Soup – **No Crackers/MOW's Clients: Assorted Fruit Juices**
- 6 oz. Eggplant Rollatini + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce**
Separately)
- ½ c. Oven Roasted Potato Medley
- ½ c. Mixed Vegetables
- ½ c. Lemon Zest Chick Pea Salad
- 1 sl. Rye Bread – Butter
- ½ c. Fresh Blueberries
- 8 oz. 2% or Skim Milk