

2024 Somerset County Senior Center Menu - Week 4 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 6 ea. Chicken & Vegetable Dumplings + 2 oz. **Reduced Sodium** Ramen Mushroom Sauce
(Please Send Extra Ramen Mushroom Sauce Separately)
- ½ c. Oriental Blended Vegetables
- ½ c. Spinach Salad with 2 sl. Cucumber + 2 ea. Cherry Tomato – Salad Dressing
- 1 oz. Crispy Chinese Noodles
- 1 ea. Fresh Granny Smith Apple
- 8 oz. 2% or Skim Milk

Tuesday

- 4 oz. Assorted Fruit Juices
- 6 ea. (3 oz.) Swedish Meatballs + 2 oz. **Reduced Sodium** Brown Gravy **(Please Send Extra Brown Gravy Separately)**
- ½ c. Egg Noodles
- ½ c. Carrot Coins
- ½ c. Spring Mix with 2 sl. Cucumber + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Plain Dinner Roll – Butter
- 1 ea. Oatmeal Raisin Cookie/ ½ c. **Fruit Cup – Diced Peaches (Juice Pack) – Diabetic**
- 8 oz. 2% or Skim Milk

Wednesday

- 6 oz. **Reduced Sodium** Carrot Ginger Soup – **No Crackers/MOW's: Assorted Fruit Juices**
- 3 oz. Center Cut Roast Pork + 2 oz. **Reduced Sodium** Burgundy Wine Sauce **(Please Send Extra Burgundy Wine Sauce Separately)**
- ½ c. Oven Roasted Golden Potato Wedges
- ½ c. Collard Greens
- ½ c. Spring Mix with 1 Tbsp. Sliced, Black Olives – Salad Dressing
- 1 ea. Garlic Rosemary Dinner Roll – Butter
- 1 ea. Fresh Orange
- 8 oz. 2% or Skim Milk

Thursday

- 4 oz. Assorted Fruit Juices
- 3 oz. Chicken Breast Marsala **(Boneless & Unbreaded)** + 2 oz. **Reduced Sodium** Marsala Sauce
(Please Send Extra Marsala Sauce Separately)
- ½ c. Rice Pilaf
- ½ c. Brussels Sprouts
- ½ c. Tossed Salad with 2 sl. Cucumber + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Pumpernickel Bread - Butter
- ½ c. Five Spiced Apples
- 8 oz. 2% or Skim Milk

Friday

- 4 oz. Assorted Fruit Juices
- 2 ea. **Reduced Fat** Manicotti + 2 oz. **Reduced Sodium** Tomato Sauce **(Please Send Extra Tomato Sauce Separately)**
- ½ c. Spinach
- ½ c. Arugula with 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 ea. Eight Grain Dinner Roll – Butter
- 1 ea. Fresh Pear
- 8 oz. 2% or Skim Milk