

2024 Somerset County Senior Center Menu - Week 3 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 8 oz. Chicken & Vegetable Stir Fry (Made with 3 oz. Diced Boneless Chicken Breast + 3 oz. Red Onion **(Large Dice)** Red & Green Pepper Strips **(2 Inches in Length)**, Carrots, Garlic, Snow Peas, Broccoli Florets & Sliced, Fresh Mushrooms + 2 oz. **Reduced Sodium** Asian Sauce)
- ½ c. Brown Rice
- ½ c. Spring Mix with 2 sl. Cucumber + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Garlic Rosemary Dinner Roll – Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 2% or Skim Milk

Tuesday

- 4 oz. Assorted Fruit Juices
- 8 oz. Whole Grain Baked Ziti + 2 oz. **Reduced Sodium** Tomato Sauce + 1 oz. **Reduced Fat** Shredded Mozzarella Cheese **(Please Send Extra Tomato Sauce Separately)**
- ½ c. Roasted Cauliflower
- ½ c. Tossed Salad with 1 Tbsp. Dried Cranberries + 2 sl. Cucumber – Salad Dressing
- 1 ea. Poppy Seed Dinner Roll – Butter
- ½ c. Five Spiced Apples
- 8 oz. 2% or Skim Milk

Wednesday

- 4 oz. Assorted Fruit Juices
- 3 oz. Meatloaf + 2 oz. **Reduced Sodium** Mushroom Gravy **(Please Send Extra Mushroom Gravy Separately)**
- ½ c. Mashed Potatoes
- ½ c. Corn & Red Pepper Medley
- ½ c. Cucumber, Tomato & Onion Salad **(25/25/25 Ratio Cucumber, Tomato & Onion)**
- 1 sl. Twelve Grain Bread – Butter
- ½ c. Fruited Yogurt/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 2% or Skim Milk

Thursday

- 4 oz. Assorted Fruit Juices
- 3 oz. Roast Turkey + 2 oz. **Reduced Sodium** Turkey Gravy **(Please Send Extra Turkey Gravy Separately)**
- ½ c. Bread Stuffing
- ½ c. Mixed Vegetables
- ½ c. Salad Blend with 2 ea. Cherry Tomatoes + 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 ea. Sourdough Dinner Roll – Butter
- 1 ea. Fresh Orange
- 8 oz. 2% or Skim Milk

Friday

- 6 oz. **Reduced Sodium** Minestrone Soup – **No Crackers/MOW's: Assorted Fruit Juices**
- 3 oz. Chicken Breast Cacciatore **(Boneless & Unbreaded)** (Made with Onion, Tomato, Green Pepper & Fresh, Sliced Mushrooms) + 2 oz. **Reduced Sodium** Tomato Sauce **(Please Send Extra Tomato Sauce Separately)**
- ½ c. Creamy Polenta
- ½ c. Zucchini, Tomato, Mushroom, Garlic & Basil Medley
- ½ c. Tossed Salad with 1 Tbsp. Diced Red Pepper + 1 Tbsp. Sliced, Black Olives – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- ½ c. Fruit Cup – Diced Peaches **(Juice Pack)**
- 8 oz. 2% or Skim Milk