

Somerset County Senior Center Menu - Week 4 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 6 oz. **Reduced Sodium** Cream of Mushroom Soup – **No Crackers/MOW's Assorted Fruit Juices**
- 2 oz. Roast Beef + 2 oz. **Reduced Sodium Brown Gravy (Please Send Extra Brown Gravy Separately)** Puree: Roast Beef with Brown Gravy
- ½ c. Oven Roasted Potato Medley Puree: Mashed Potatoes
- ½ c. Sugar Snap Peas Puree: Sugar Snap Peas
- ½ c. Spinach with 2 ea. Cherry Tomatoes – Salad Dressing Puree: Tomatoes
- 1 ea. Whole Wheat Dinner Roll – Margarine
- 1 ea. Fresh Apple Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk

Tuesday

- 4 oz. Assorted Fruit Juices
- 3 oz. (100%) 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 and Tomato Separately**) Puree: Ground Beef with Gravy/Mashed Potatoes
- ½ c. Mixed Vegetables Puree: Carrots
- ½ c. Coleslaw Puree: Coleslaw
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- 1 ea. Oatmeal Raisin Cookie/Sugar Free Cookies – **Diabetic** Puree: Sugar Free Plain Gelatin
- 8 oz. 2% or Skim Milk

Wednesday

- 4 oz. Assorted Fruit Juices
- 3 oz. Center Cut Roast Pork + 2 oz. **Reduced Sodium Burgundy Wine Sauce (Please Send Extra Burgundy Wine Sauce Separately)** Puree: Pork with Burgundy Wine Sauce
- ½ c. Seasoned Oven Roasted Golden Potato Wedges Puree: Mashed Butternut Squash
- ½ c. Collard Greens Puree: Broccoli Florets
- ½ c. Marinated Beet Salad Puree: Marinated Beet Salad
- 1 sl. Whole Wheat Bread – Margarine
- 1 ea. Fresh Orange Puree: Sugar Free Chocolate Pudding
- 8 oz. 2% or Skim Milk

Thursday

- 4 oz. Assorted Fruit Juices
- 8 oz. Chicken Chop Suey (Made with 3 oz. Sliced Chicken Breast + 3 oz. Carrots, Snow Peas, Celery, Onions, Fresh, Sliced Mushrooms, Baby Corn & Water Chestnuts + 2 oz. **Reduced Sodium Asian Sauce**) Puree: Chicken with Gravy
- ½ c. Brown Rice Puree: Mashed Potatoes
- ½ c. Asian Sesame Greens Puree: Green Beans
- ½ c. Tossed Salad with 2 sl. Cucumber + 2 ea. Cherry Tomatoes – Salad Dressing Puree: Tomatoes
- 1 sl. Twelve Grain Bread – Margarine
- 1 ea. Fresh Pear Puree: Fruited Yogurt
- 8 oz. 2% or Skim Milk

Friday

- 4 oz. Assorted Fruit Juices
- 8 oz. **Reduced Fat** Cheese Ravioli + 3 oz. **Reduced Sodium Tomato Sauce (Please Send Extra Tomato Sauce Separately)** Puree: Turkey with Gravy/Mashed Sweet Potatoes
- ½ c. Italian Blended Vegetables Puree: Italian Blended Vegetables
- ½ c. Salad Blend with 2 sl. Cucumber + 2 ea. Artichoke Heart Quarters – Salad Dressing Puree: Cucumbers Remove Seeds
- 1 ea. Onion Roll – Margarine
- ½ c. Fresh Fruit Salad – **No Grapefruit** Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk