

2025 Somerset County Senior Center Menu - Week 5 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 6 oz. **Reduced Sodium** Vegetable Soup – **No Crackers/MOW's: Orange Juice**
- 4 oz. Dill Crusted Alaskan Pollack + 1 Pkt. Tartar Sauce
- ½ c. Roasted Sweet Potatoes
- ½ c. Carrot Coin, Zucchini & Red Pepper Medley
- ½ c. Spinach Salad with 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 sl. Rye Bread – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk

Tuesday

- 4 oz. Fruit Punch
- 3 oz. Turkey 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. Green Beans
- ½ c. Tossed Salad with 2 sl. Cucumbers + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 ea. Sourdough Dinner Roll – Butter
- 1 ea. Fresh Orange
- 8 oz. 1% Milk

Wednesday

- 4 oz. Orange Juice
- 3 oz. Chicken Breast Francese (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Lemon Butter Sauce (**Please Send Extra Lemon Butter Sauce Separately**)
- ½ c. Wild Rice
- ½ c. Asparagus Tips
- ½ c. Arugula with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Whole Wheat Bread - Butter
- ½ c. Strawberry Yogurt/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 1% Milk

Thursday

- 4 oz. Apple Juice
- 5 ea. (3 oz.) Swedish Meatballs + 2 oz. **Reduced Sodium** Brown Gravy (**Please Send Extra Brown Gravy Separately**)
- ½ c. Egg Noodles
- ½ c. Spinach
- ½ c. Spring Mix with 2 sl. Cucumbers + 1 Tbsp. Diced Red Pepper – Salad Dressing
- 1 ea. Plain Dinner Roll - Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 1% Milk

Friday

- 4 oz. Fruit Punch
- 3 oz. Country Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Country Gravy (**Please Send Extra Country Gravy Separately**)
- ½ c. Mashed Sweet Potatoes
- ½ c. Collard Greens
- ½ c. Salad Blend with 1 Tbsp. Sliced, Black Olives – Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- 1 ea. Fresh Apple
- 8 oz. 1% Milk