

Somerset County Senior Center Menu – Week 1 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 6 oz. **Reduced Sodium** Vegetable Soup – Crackers/MOW's Clients: Assorted Fruit Juices
- 3 oz. Garlic Paprika Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Roasted Garlic Sauce (**Please Send Extra Roasted Garlic Sauce Separately**)
Puree: Chicken with Roasted Garlic Sauce
- ½ c. Oven Roasted Potato Medley Puree: Mashed Potatoes
- ½ c. Roasted Brussels Sprouts Puree: Roasted Brussels Sprouts
- ½ c. Marinated Beet Salad Puree: Marinated Beet Salad
- 1 sl. Twelve Grain Bread – Margarine
- 1 ea. Fresh Plum (**In Season**)/1 ea. Fresh Orange Puree: Sugar Free Plain Gelatin
- 8 oz. 2% or Skim Milk

TUESDAY

- 4 oz. Assorted Fruit Juices
- 4 oz. Dill Crusted Alaskan Pollack + 1 Pkt. Tartar Sauce Puree: Dill Crusted Alaskan Pollack
- ½ c. Diced Potatoes with Fresh Herbs Puree: Mashed Potatoes
- ½ c. Green Peas & Carrots Puree: Carrots
- ½ c. Cucumber, Red Pepper & Onion Salad (**25/25/25 Ratio of Cucumber, Red Pepper & Onion**)
Puree: Tomatoes
- 1 ea. Eight Grain Dinner Roll – Margarine
- 1 sl. Fresh Cantaloupe (**Delivered Sanitized, Halved, Scoop Seeds**) (**In Season**)/ ½ c. Unsweetened Applesauce Puree: Unsweetened Applesauce
- 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: Roast Pork with Burgundy Wine Sauce
- ½ c. Roasted Sweet Potatoes Puree: Mashed Sweet Potatoes
- ½ c. Broccoli Florets Puree: Broccoli Florets
- ½ c. Arugula with 1 Tbsp. Dried Cranberries + 1 Tbsp. Shredded Carrots – Salad Dressing
Puree: Cucumbers Remove Seeds
- 1 sl. Pumpernickel Bread – Margarine
- ½ c. Fruit Cocktail – **Juice Pack (Fruit Cup)** Puree: Sugar Free Chocolate Pudding
- 8 oz. 2% or Skim Milk

THURSDAY

- 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: Beef Patty with Mashed Potatoes
- ½ c. Mixed Vegetables Puree: Green Beans
- ½ c. Coleslaw Puree: Coleslaw
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- ½ c. Fruited Yogurt/1 ea. **Fresh Pear – Diabetic** Puree: Fruited Yogurt
- 8 oz. 2% or Skim Milk

FRIDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Roast Beef + 2 oz. **Reduced Sodium** Onion Gravy (**Please Send Extra Onion Gravy Separately**) Puree: Roast Beef with Onion Gravy
- ½ c. Diced Red Rosemary Parsley Potatoes Puree: Mashed Butternut Squash
- ½ c. Garlic Infused Kale Puree: Garlic Infused Kale
- ½ c. Cucumber & Tomato Salad Puree: Tomatoes
- 1 ea. Plain Dinner Roll – Margarine
- 1 ea. Fresh Peach (**In Season**)/1 ea. Fresh Apple Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk