

Somerset County Senior Center Menus – Week 5 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 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. Mashed Potatoes Puree: Mashed Potatoes
- ½ c. Collard Greens Puree: Collard Greens
- ½ c. Oaxaca Bean Salad (Made with Black Beans, Corn, Onion, Red Pepper, Reduced Sodium Italian Dressing, Oregano & Cumin) Puree: Tomatoes
- 1 sl. Pumpernickel Bread – Margarine
- 1 sl. Fresh Honeydew Melon (**Delivered Sanitized, Halved, Scoop Seeds**) (**In Season**)/
½ c. Unsweetened Applesauce Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk

TUESDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. (100%) Beef Hamburger + 1 Large Romaine Lettuce Leaf + 1 sl. Red Onion + 1 sl. Tomato (**1/8 Inch Thick**) (**Please Send Romaine Lettuce, Red Onion & Tomato Separately**) Puree: Ground Beef/Mashed Potatoes
- ½ c. Carrot Coins Puree: Carrots
- ½ c. Tossed Salad with 2 ea. Cherry Tomatoes + 2 sl. Cucumbers – Salad Dressing
Puree: Cucumbers Remove Seeds
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- ½ c. Five Spiced Apples Puree: Five Spice Apples
- 8 oz. 2% or Skim Milk

WEDNESDAY

- 6 oz. **Reduced Sodium** Corn Chowder – **No Crackers/MOW's Clients: Assorted Fruit Juices**
- 3 oz. Roast Turkey + 2 oz. **Reduced Sodium** Turkey Gravy (**Please Send Extra Turkey Gravy Separately**) Puree: Turkey with Gravy
- ½ c. Roasted Sweet Potatoes Puree: Mashed Sweet Potatoes
- ½ c. Green Beans Puree: Green Beans
- ½ c. Spring Mix with 1 Tbsp. Dried Cranberries + 1 Tbsp. Carrots – Salad Dressing
Puree: Tomatoes
- 1 ea. Poppy Seed Dinner Roll – Margarine
- 1 ea. Fresh Plum (**In Season**)/ ½ c. Diced Pears – Juice Pack (Fruit Cup) Puree: Sugar Free Plain Gelatin
- 8 oz. 2% or Skim Milk

THURSDAY

- 4 oz. Assorted Fruit Juice
- 3 oz. Roast Beef + 2 oz. **Reduced Sodium** Mushroom Gravy (**Please Send Extra Mushroom Gravy Separately**) Puree: Roast Beef with Gravy
- ½ c. Oven Roasted Potato Medley Puree: Mashed Butternut Squash
- ½ c. Sugar Snap Peas Puree: Broccoli Florets
- ½ c. Salad Blend with 1 Tbsp. Carrots + 2 ea. Cucumbers + 2 ea. Artichoke Heart Quarters
- Salad Dressing Puree: Tomatoes
- 1 sl. Rye Bread – Margarine
- 1 sl. Fresh Cantaloupe (**Delivered Sanitized, Halved Scoop Seeds**) (**In Season**)/ 1 ea. Fresh Orange
Puree: Fruited Yogurt
- 8 oz. 2% or Skim Milk

FRIDAY

- 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) Puree: Chicken/Mashed Potatoes
- ½ c. Brown Rice Puree: Spinach
- ½ c. Tomato, Cucumber & Onion Salad (**25/25/25 Ratio of Tomato, Cucumber & Onion**)
Puree: Tomatoes
- 1 ea. Whole Wheat Dinner Roll – Margarine
- 1 ea. Oatmeal Raisin Cookie/ ½ c. **Sugar Free Chocolate Pudding – Diabetics**
Puree: Sugar Free Chocolate Pudding
- 8 oz. 2% or Skim Milk