

2024 Somerset County Senior Center Menu - Week 1 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 6 oz. Eggplant Parmesan + 2 oz. **Reduced Sodium** Tomato Sauce (Please Send Extra Tomato Sauce Separately)
- ½ c. Kale
- ½ c. Carrot Coins
- ½ c. Salad Blend with 1 Tbsp. Sliced, Black Olives + 2 ea. Artichoke Heart Quarters – Salad Dressing
- 1 ea. Onion Roll – Butter
- ½ c. Five Spiced Apples
- 8 oz. 2% or Skim Milk

Tuesday

- 4 oz. Assorted Fruit Juices
- 3 oz. Pot Roast + 2 oz. **Reduced Sodium** Onion Gravy (Please Send Extra Onion Gravy Separately)
- ½ c. Mashed Potatoes
- ½ c. Brussels Sprouts
- ½ c. Cron, Red Pepper & Onion Salad (25/25/25 Ratio Corn, Red Pepper & Onion)
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Fresh Pear
- 8 oz. 2% or Skim Milk

Wednesday

- 4 oz. Assorted Fruit Juices
- 4.2 oz. Lemon Pepper Alaskan Pollack
- ½ c. Roasted Butternut Squash Cubes
- ½ c. Mixed Vegetables
- ½ c. Tossed Salad with 2 sl. Cucumber + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Rye Bread – Butter
- ½ c. Fruited Yogurt/ ½ c. **Fruit Cup-Diced Peaches (Juice Pack) – Diabetic**
- 8 oz. 2% or Skim Milk

Thursday

- 4 oz. Assorted Fruit Juices
- 1 ea. Stuffed Pepper + 2 oz. **Reduced Sodium** Tomato Sauce (Please Send Extra Tomato Sauce Separately)
- ½ c. Seasoned Oven Roasted Golden Tri-Cut Potatoes
- ½ c. Sugar Snap Peas
- ½ c. Arugula with 1 Tbsp. Shredded Carrots + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 ea. Whole Wheat Dinner Roll – Butter
- ½ c. Fruit Cup – Fruit Cocktail (**Juice Pack**)
- 8 oz. 2% or Skim Milk

Friday

- 6 oz. **Reduced Sodium** Vegetable Soup – No Crackers/MOW's: Assorted Fruit Juices
- 3 oz. Jerk Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Jerk Sauce (Please Send Extra Jerk Sauce Separately)
- ½ c. Plantains
- ½ c. Green Beans
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 1 sl. Pumpernickel Bread – Butter
- 1 ea. Oatmeal Raisin Cookie/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 2% or Skim Milk