

Somerset County Senior Center Menu – Week 6 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 3 oz. Garlic Paprika Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium**
Roasted Garlic Sauce (**Please Send Extra Garlic Sauce Separately**) Puree: Chicken with Garlic Sauce
- ½ c. Roasted Sweet Potatoes Puree: Mashed Sweet Potatoes
- ½ c. Roasted Brussels Sprouts Puree: Roasted Brussels Sprouts
- ½ c. Spinach Salad with 1 Tbsp. Dried Cranberries – Salad Dressing Puree: Tomatoes
- 1 ea. Plain Dinner Roll – Margarine
- ½ c. Unsweetened Applesauce Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk

Tuesday

- 4 oz. Assorted Fruit Juices
- 3 oz. Pork Chop (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium/Reduced Sugar BBQ Sauce**
(**Please Send Extra BBQ Sauce Separately**) Puree: Pork with BBQ Sauce
- ½ c. Seasoned Oven Roasted Golden Potato Wedges Puree: Mashed Potatoes
- ½ c. Corn & Red Pepper Medley Puree: Green Beans
- ½ c. Arugula with 1 Tbsp. Shredded Carrots + 2 sl. Cucumber – Salad Dressing
Puree: Cucumbers Remove Seeds
- 1 ea. Whole Wheat Dinner Roll – Margarine
- 1 ea. Fresh Orange Puree: Sugar Free Plain Gelatin
- 8 oz. 2% or Skim Milk

Wednesday

- 4 oz. Assorted Fruit Juices
- 8 oz. Macaroni & Beef Casserole (Made with Ground Beef, Elbow Macaroni, Stewed Tomatoes,
Green Peppers, Onion, Garlic Powder, Cumin, Basil & Pepper) Puree: Roast Beef/Mashed Potatoes
- ½ c. Broccoli Florets, Carrots & Red Pepper Medley
Puree: Broccoli Florets, Carrots & Red Pepper Medley
- ½ c. Salad Blend with 1 Tbsp. Green Olives + 2 ea. Cherry Tomatoes – Salad Dressing
Puree: Tomatoes
- 1 sl. Twelve Grain Bread – Margarine
- 1 ea. Fresh Pear Puree: Canned Pears
- 8 oz. 2% or Skim Milk

Thursday

- 4 oz. Assorted Fruit Juices
- 2 ea. **Reduced Fat Stuffed Shells** + 3 oz. **Reduced Sodium Tomato Sauce (Please Send Extra**
Tomato Sauce Separately) Puree: Turkey with Gravy/Mashed Butternut Squash
- ½ c. Zucchini, Tomato, Onion & Basil Medley Puree: Zucchini, Tomato & Onion Medley
- ½ c. Cucumber, Red Pepper & Onion Salad (**25/25/25 Cucumber, Red Pepper & Onion**)
Puree: Cucumber, Red Pepper & Onion Salad
- 1 ea. Onion Roll – Margarine
- ½ c. Mixed Fruit Cup – **Juice Pack** Puree: Sugar Free Pudding
- 8 oz. 2% or Skim Milk

Friday

- 6 oz. **Reduced Sodium Carrot Ginger Soup – Crackers/MOW's: Assorted Fruit Juices**
- 8 ea. Chicken & Vegetable Dumplings + 2 oz. **Reduced Sodium Ramen Mushroom Sauce**
(**Please Send Extra Ramen Mushroom Sauce Separately**) Puree: Chicken with Gravy
- ½ c. Oriental Blended Vegetables Puree: Mashed Potatoes/Broccoli Florets
- ½ c. Spring Mix with 1 Tbsp. Red Pepper + 1 Tbsp. Scallion – Salad Dressing
Puree: Tomatoes
- 1 oz. Crispy Chinese Noodles
- ½ c. Five Spice Apples Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk