

2025 Somerset County Senior Center Menu - Week 3 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Apple Juice
- 8 oz. Chicken & Vegetable Stir Fry (Made with 3 oz. Diced Boneless Chicken Breast + 3 oz. Diced Red Pepper, Carrot Coins, Snow Peas & Broccoli Florets + 2 oz. **Reduced Sodium** Asian Sauce)
- ½ c. Brown Rice
- ½ c. Spring Mix with 2 sl. Cucumber + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Pumpnickel Bread – Butter
- 1 ea. Fresh Apple
- 8 oz. 1% Milk

Tuesday

- 6 oz. **Reduced Sodium** Corn Chowder – **No Crackers/MOW's: Orange Juice**
- 4 oz. Lemon Pepper Alaskan Pollack + 1 Pkt. Tartar Sauce
- ½ c. Roasted Red Potatoes
- ½ c. Green Beans
- ½ c. Chopped Romaine Lettuce with 1 Tbsp. Shredded Carrots + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Plain Dinner Roll – Butter
- ½ c. Five Spiced Apples
- 8 oz. 1% Milk

Wednesday

- 4 oz. Fruit Punch
- 3 oz. Meatloaf + 2 oz. **Reduced Sodium** Mushroom Gravy (**Please Send Extra Mushroom Gravy Separately**)
- ½ c. Roasted Sweet Potatoes
- ½ c. Carrot Coins & Asparagus Tips
- ½ c. Salad Blend with 2 sl. Cucumbers – Salad Dressing
- 1 ea. Garlic Rosemary Dinner Roll – Butter
- 1 ea. Fresh Orange
- 8 oz. 1% Milk

Thursday

- 4 oz. Orange Juice
- 1 ea. Turkey Taco Bowl (Made with 3 oz. Turkey Crumbles + ¼ c. Spanish Rice + ¼ c. Black Beans + 2 oz. Diced Red Pepper, Diced Green Pepper, Yellow Corn & Diced Tomatoes + 2 oz. **Reduced Sodium** Southwestern Fajita Sauce (**Please Send Extra Southwestern Fajita Sauce Separately**))
- ½ c. Spinach Salad with 2 ea. Cherry Tomatoes + 1 Tbsp. Red Pepper – Salad Dressing
- 1 sl. Twelve Grain Bread - Butter
- ½ c. Strawberry Yogurt/ ½ c. **Sugar Free Chocolate Pudding - Diabetic**
- 8 oz. 1% Milk

Friday

- 4 oz. Orange Juice
- 3 oz. Garlic Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Garlic Sauce (**Please Send Extra Garlic Sauce Separately**)
- ½ c. Creamy Polenta
- ½ c. Carrot Coins & Broccoli Florets
- ½ c. Arugula with 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Rye Bread – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk