

2025 Somerset County Senior Center Menu – Week 6 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Fruit Punch
- 1 ea. Stuffed Cabbage + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**) (Stuffed Cabbage Filling is Made of Ground Beef, Rice & Spices)
- ½ c. Roasted Red Potatoes
- ½ c. Corn & Red Pepper Medley
- ½ c. Salad Blend with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Pumpernickel Bread - Butter
- 1 ea. Fresh Apple
- 8 oz. 1% Milk

Tuesday

- 4 oz. Orange Juice
- 3 oz. Roast Turkey + 2 oz. **Reduced Sodium** Turkey Gravy (**Please Send Extra Turkey Gravy Separately**)
- ½ c. Corn Bread Stuffing
- ½ c. Brussels Sprouts
- ½ c. Arugula with 1 Tbsp. Dried Cranberries + 2 sl. Cucumbers – Salad Dressing
- 1 ea. Mini Kaiser Roll - Butter
- ½ c. Vanilla Yogurt/ ½ c. **Sugar Free Vanilla Pudding - Diabetic**
- 8 oz. 1% Milk

Wednesday

- 4 oz. Apple Juice
- 8 oz. Macaroni & Beef Casserole (Made with Ground Beef, Elbow Macaroni, Stewed Tomatoes, Green Pepper, Onion, Garlic, Cumin, Basil & Pepper)
- ½ c. Broccoli Floret, Carrot & Red Pepper Medley
- ½ c. Spring Mix with 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- ½ c. Fresh Blueberries
- 8 oz. 1% Milk

Thursday

- 4 oz. Fruit Punch
- 6 oz. **Reduced Fat** Cheese Tortellini + 3 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Italian Blended Vegetables
- ½ c. Spinach Salad with 1 Tbsp. Shredded Carrots + 1 Tbsp. Sliced, Green Olives – Salad Dressing
- 1 sl. Whole Wheat Bread - Butter
- 1 ea. Fresh Orange
- 8 oz. 1% Milk

Friday

- 6 oz. **Reduced Sodium** Carrot Ginger Soup – **No Crackers/MOW's: Assorted Fruit Juices**
- 3 oz. Chicken Breast Marsala (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Marsala Mushroom Sauce (**Please Send Extra Marsala Mushroom Sauce Separately**)
- ½ c. Barley
- ½ c. Mixed Vegetables
- ½ c. Tossed Salad with 1 Tbsp. Hearts of Palm + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Pumpernickel Bread – Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 1% Milk