

## 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