

## Somerset County Senior Center Menu – Week 2 Spring/Summer

### MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Fruit Punch
- 1 ea. Stuffed Pepper + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**) (**Stuffed Pepper Filling is Made of Ground Beef, Rice & Spices**)
- ½ c. Oven Roasted Potato Medley
- ½ c. Carrots, Red Pepper & Broccoli Florets
- ½ c. Arugula with 2 sl. Cucumbers + 1 Tbsp. Dried Cranberries +  
1 Tbsp. Parmesan Cheese – Salad Dressing
- 1 sl. Rye Bread – Butter
- 1 ea. Fresh Orange
- 8 oz. 1% Milk

### TUESDAY

- 4 oz. Orange Juice
- 3 oz. Roasted Turkey + 2 oz. **Reduced Sodium** Salsa Verde Sauce (**Please Send Extra Salsa Verde Sauce Separately**)
- ½ c. Barley
- ½ c. Mixed Vegetables
- ½ c. Spinach Salad with 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- ½ c. Five Spiced Apples
- 8 oz. 1% Milk

### WEDNESDAY

- 4 oz. Fruit Punch
- 6 oz. **Reduced Fat** Cheese Tortellini + 3 oz. **Reduced Sodium** Pomodoro Sauce (**Please Send Extra Pomodoro Sauce Separately**)
- ½ c. Italian Blended Vegetables
- ½ c. Salad Blend with 2 ea. Artichoke Heart Quarters – Salad Dressing
- 1 ea. Garlic Rosemary Dinner Roll – Butter
- ½ c. Vanilla Yogurt/ ½ c. **Sugar Free Vanilla Pudding – Diabetic**
- 8 oz. 1% Milk

### THURSDAY

- 6 oz. **Reduced Sodium** Carrot Ginger Soup – **No Crackers/HDM's: Apple Juice**
- 3 oz. Chicken Breast Marsala (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Marsala Mushroom Sauce (**Please Send Extra Marsala Mushroom Sauce Separately**)
- ½ c. Diced Rosemary Red Potatoes
- ½ c. Green Beans
- ½ c. Spring Mix with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 sl. Fresh Watermelon – **Seedless (24 Slices Per Watermelon)** (**Caterer will send whole on Wednesday Morning with the delivery**) (**Staff will have to cut onsite**)
- 8 oz. 1% Milk

### FRIDAY

- 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. Sugar Snap Peas
- ½ c. Tossed Salad with 1 Tbsp. Sliced, Green Olives + 1 Tbsp. Red Pepper – Salad Dressing
- 1 ea. Eight Grain Dinner Roll – Butter
- 1 ea. Fresh Tangerine
- 8 oz. 1% Milk