

Somerset County Senior Center Menu – Week 1 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Fruit Punch
- 4 oz. Lemon Pepper Alaskan Pollack
- ½ c. Vegetable Rice
- ½ c. Mixed Vegetables
- ½ c. Tossed Salad with 2 sl. Cucumbers + 1 Tbsp. Shredded Carrots + 1 Tbsp. Parmesan Cheese – Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- ½ c. Fresh Blueberries
- 8 oz. 1% Milk

TUESDAY

- 6 oz. **Reduced Sodium** Minestrone Soup – **No Crackers/HDM's: Orange Juice**
- 3 oz. Chicken Breast Francese (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Lemon Butter Sauce (**Please Send Extra Lemon Butter Sauce Separately**)
- ½ c. Wild Rice Pilaf
- ½ c. Green Beans
- ½ c. Salad Blend with 1 Tbsp. Shredded Carrots + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 sl. Fresh Cantaloupe (**12 Slices Per Cantaloupe**) (**Caterer will send whole on Monday morning with the delivery**) (**Staff will have to cut onsite**)
- 8 oz. 1% Milk

WEDNESDAY

- 4 oz. Orange Juice
- 3 oz. Roast Beef + 2 oz. **Reduced Sodium** Burgundy Wine Sauce (**Please Send Burgundy Wine Sauce Separately**)
- ½ c. Mashed Potatoes
- ½ c. Broccoli Florets
- ½ c. Spring Mix with 1 Tbsp. Sliced, Black Olives – Salad Dressing
- 1 sl. Pumpnickel Bread – Butter
- ½ c. Fresh, Sliced Strawberries
- 8 oz. 1% Milk

THURSDAY

- 4 oz. Fruit Punch
- 3 oz. (100%) Beef Hamburger Patty + 1 Large Romaine Lettuce Leaf + 1 sl. Red Onion + 1 sl. Tomato (**1/8 Inch Thick**) (**Please Send Romaine Lettuce, Red Onion and Tomato Separately**)
- ½ c. Corn & Red Pepper Medley
- ½ c. Coleslaw
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- ½ c. Strawberry Yogurt/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 1% Milk

FRIDAY

- 4 oz. Apple 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. Chopped Romaine Lettuce with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Onion Roll – Butter
- 1 ea. Oatmeal Raisin Cookie/ 1 ea. **Sugar Free Cookie – Diabetic**
- 8 oz. 1% Milk