2026 Somerset County Senior Center Menu - Week 2 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

6 oz. **Reduced Sodium** Corn Chowder – No Crackers/**HDM's: Assorted Fruit Juices**
4 oz. Dill Crusted Alaskan Pollack
½ c. Roasted Sweet Potatoes
½ c. Carrot Coin, Zucchini & Red Pepper Medley
½ c. Arugula with 2 ea. Cherry Tomatoes + 1 Tbsp. Diced Green Pepper – Salad Dressing
1 sl. Rye Bread - Butter
1 ea. Fresh Orange
8 oz. 1% Milk

Tuesday

4 oz. Fruit Punch
5 ea. (3 oz.) Beef Meatballs + 2 oz. **Reduced Sodium** Tomato Sauce **(Please Send Extra Tomato Sauce Separately)**
1 c. Whole Grain Spaghetti
½ c. Italian Blended Vegetables
½ c. Tossed Salad with 2 sl. Cucumbers + 1 Tbsp. Dried Cranberries – Salad Dressing
1 ea. Sourdough Dinner Roll – Butter
1 ea. Fresh Tangerine
8 oz. 1% Milk

Wednesday

4 oz. Orange Juice
3 oz. Chicken Breast Piccata **(Boneless & Unbreaded)** + 2 oz. **Reduced Sodium** Lemon Caper Sauce **(Please Send Extra Lemon Caper Sauce Separately)**
½ c. Roasted Plantains
½ c. Broccoli Floret, Red Pepper & Carrot Medley
½ c. Spinach Salad with 2 ea. Cherry Tomatoes + 1 Tbsp. Sliced, Black Olives – Salad Dressing
1 sl. Whole Wheat Bread – Butter
½ c. Strawberry Yogurt/ **½ c. Sugar Free Vanilla Pudding – Diabetic**
8 oz. 1% Milk

Thursday

4 oz. Apple Juice
3 oz. Turkey Cacciatore (Made with Onion, Tomato, Green Pepper & Fresh, Sliced Mushrooms) + 2 oz. **Reduced Sodium** Tomato Sauce **(Please Send Extra Tomato Sauce Separately)**
½ c. Creamy Polenta
½ c. Green Beans
½ c. Black Bean & Corn Salad
1 sl. Pumpernickel Bread – Butter
½ c. Fresh Fruit Salad – **No Grapefruit**
8 oz. 1% Milk

Friday

4 oz. Fruit Punch
3 oz. Coconut Masala Chicken Breast **(Boneless & Unbreaded)** + 2 oz. **Reduced Sodium** Coconut Masala Sauce **(Please Send Extra Coconut Masala Sauce Separately)**
½ c. Brown Rice
½ c. Cauliflower Floret, Carrot, Green Pea & Red Pepper Medley
½ c. Salad Blend with 2 sl. Cucumbers + 2 ea. Cherry Tomatoes – Salad Dressing
1 sl. Twelve Grain Bread – Butter
1 ea. Fresh Apple
8 oz. 1% Milk