

2023 Somerset County Senior Center Menu - Week 4 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 6 oz. **Reduced Sodium** Cream of Mushroom Soup – No Crackers/MOW's: Assorted Fruit Juices
- 3 oz. Pot Roast + 2 oz. **Reduced Sodium** Onion Gravy (**Please Send Extra Onion Gravy Separately**) Puree: Pot Roast with Gravy
- ½ c. Oven Roasted Potato Medley Puree: Mashed Potatoes
- ½ c. Sugar Snap Peas Puree: Sugar Snap Peas
- ½ c. Spinach Salad with 2 sl. Cucumbers with Skin + 2 ea. Cherry Tomatoes – Salad Dressing
Puree: Tomatoes
- 1 ea. Whole Wheat Dinner Roll – Margarine
- 1 ea. Fresh Granny Smith Apple Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk

Tuesday

- 4 oz. Assorted Fruit Juices
- 6 ea. (3 oz.) Swedish Meatballs + 2 oz. **Reduced Sodium** Brown Gravy (**Please Send Extra Brown Gravy Separately**) Puree: Swedish Meatballs with Brown Gravy
- ½ c. Egg Noodles Puree: Mashed Potatoes
- ½ c. Mixed Vegetables Puree: Carrots
- ½ c. Arugula with 1 Tbsp. Dried Cranberries + 1 Tbsp. Carrots – Salad Dressing
Puree: Cucumbers Remove Seeds
- 1 ea. Plain Dinner Roll – Margarine
- 1 ea. Oatmeal Raisin Cookie/ ½ c. **Fruit Cup – Peaches (Juice Pack) – Diabetics**
Puree: Peaches
- 8 oz. 2% or Skim Milk

Wednesday

- 4 oz. Assorted Fruit Juices
- 3 oz. Center Cut Roast Pork + 2 oz. **Reduced Sodium** Burgundy Wine Sauce (**Please Send Extra Burgundy Wine Sauce Separately**) Puree: Pork with Burgundy Wine Sauce
- ½ c. Oven Roasted Golden Potato Wedges Puree: Mashed Sweet Potatoes
- ½ c. Collard Greens Puree: Green Beans
- ½ c. Marinated Beet Salad Puree: Marinated Beet Salad
- 1 ea. Garlic Rosemary Dinner Roll – Margarine
- 1 ea. Fresh Orange Puree: Sugar Free Plain Gelatin
- 8 oz. 2% or Skim Milk

Thursday

- 6 oz. **Reduced Sodium** Carrot Ginger Soup – No Crackers/MOW's: Assorted Fruit Juices
- 3 oz. Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Pomodoro Sauce (**Please Send Extra Pomodoro Sauce Separately**) Puree: Chicken with Pomodoro Sauce
- ½ c. Whole Grain Penne Pasta Puree: Couscous
- ½ c. Broccoli Florets Puree: Broccoli Florets
- ½ c. Tossed Salad with 2 sl. Cucumbers with Skin + 1 Tbsp. Cherry Tomatoes – Salad Dressing
Puree: Tomatoes
- 1 sl. Pumpernickel Bread – Margarine
- ½ c. Fruit Cup – Fruit Cocktail (**Juice Pack**) Puree: Sugar Free Pudding
- 8 oz. 2% or Skim Milk

Friday

- 4 oz. Assorted Fruit Juices
- 2 ea. **Reduced Fat** Stuffed Shells + 3 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**) Puree: Turkey with Gravy/Mashed Butternut Squash
- ½ c. Zucchini, Tomato, Onion & Basil Medley Puree: Spinach
- ½ c. Cucumber, Red Pepper & Onion Salad (**25/25/25 Ratio of Cucumber, Red Pepper & Onion**)
Puree: Tomatoes
- 1 ea. Plain Dinner Roll – Margarine
- 1 ea. Fresh Pear Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk