2026 Somerset County Senior Center Menu - Week 5 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

4 oz. Orange Juice
3 oz. Roast Turkey + 2 oz. **Reduced Sodium** Turkey Gravy **(Please Send Extra Turkey Gravy Separately)**
½ c. Cornbread Stuffing
½ c. Green Beans
½ c. Chopped Romaine Lettuce with 1 Tbsp. Dried Cranberries – Salad Dressing
1 ea. Mini Kaiser Roll – Butter
1 ea. Fresh Apple
8 oz. 1% Milk

Tuesday

6 oz. **Reduced Sodium** Paraguayan Butternut Squash Soup – **No Crackers/HDM's: Assorted Juices**
3 oz. Roast Beef + 2 oz. **Reduced Sodium** Onion Gravy **(Please Send Extra Onion Gravy Separately)**
½ c. Barley
½ c. Brussels Sprouts
½ c. Salad Blend with Cherry Tomatoes – Salad Dressing
1 sl. Whole Wheat Bread – Butter
1 ea. Fresh Pear
8 oz. 1% Milk

Wednesday

4 oz. Orange Juice
3 oz. Sweet and Sour Chicken Breast **(Boneless & Unbreaded)** + 2 oz. **Reduced Sodium/ Reduced Sugar** Sweet & Sour Sauce **(Please Send Extra Sweet & Sour Sauce Separately)**
½ c. Brown Rice
½ c. Oriental Blended Vegetables
½ c. Lemon Zest Chick Pea Salad
1 sl. Rye Bread – Butter
1 ea. Fresh Tangerine
8 oz. 1% Milk

Thursday

4 oz. Apple Juice
4 oz. Potato Crusted Alaskan Pollack + 2 oz. **Reduced Sodium** Lemon Caper Sauce **(Please Send Extra Lemon Caper Sauce Separately)**
½ c. Roasted Butternut Squash Cubes
½ c. Mixed Vegetables
½ c. Tossed Salad with 2 sl. Cucumbers – Salad Dressing
1 sl. Pumpernickel Bread – Butter
1 ea. Fresh Orange
8 oz. 1% Milk

Friday

4 oz. Orange Juice
6 oz. Eggplant Parmigiana + 2 oz. **Reduced Sodium** Tomato Sauce + 1 oz. **Reduced Fat** Shredded Mozzarella Cheese **(Please Send Extra Tomato Sauce Separately)**
½ c. Whole Grain Penne Pasta
½ c Kale
½ c. Arugula with 2 ea. Cherry Tomatoes + 1 Tbsp. Shredded Carrots – Salad Dressing
1 ea. Onion Roll – Butter
1 ea. Oatmeal Raisin Cookie/ **1 ea. Sugar Free Cookie – Diabetic**
8 oz. 1% Milk