

Somerset County Senior Center Menu – Week 4 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Apple Juice
- 3 oz. Chicken Breast Cacciatore (**Boneless & Unbreaded**) (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. Zucchini & Stewed Tomatoes
- ½ c. Tossed Salad with 1 Tbsp. Shredded Carrots + 2 ea. Artichoke Heart Quarters – Salad Dressing
- 1 ea. Plain Dinner Roll – Butter
- ½ c. Fresh, Sliced Strawberries
- 8 oz. 1% Milk

TUESDAY

- 4 oz. Orange Juice
- 1 ea. Stuffed Cabbage + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**) (**Stuffed Cabbage Filling is Made of Ground Beef, Rice & Spices**)
- ½ c. Roasted Red Potato Wedges
- ½ c. Green Peas & Carrots
- ½ c. Spinach with 2 sl. Cucumbers + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk

WEDNESDAY

- 6 oz. **Reduced Sodium** Carrot Ginger Soup – **No Crackers/HDM's: Apple Juice**
- 3 oz. Polynesian Roast Pork + 2 oz. **Reduced Sodium** Polynesian Sauce (**Please Send Extra Polynesian Sauce Separately**)
- ½ c. Vegetable Rice
- ½ c. Snow Peas, Baby Corn & Water Chestnuts
- ½ c. Arugula with 1 Tbsp. Sliced, Green Olives – Salad Dressing
- 1 ea. Eight Grain Dinner Roll – Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 1% Milk

THURSDAY

- 4 oz. Orange Juice
- 8 oz. Turkey Enchilada Casserole (Made with 3 oz. Ground Turkey + ½ c. Whole Grain Elbow Pasta + 2 oz. **Reduced Sodium** Enchilada Sauce)
- ½ c. Zucchini
- ½ c. Spring Mix with 2 sl. Cucumbers + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- ½ c. Vanilla Yogurt/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 1% Milk

FRIDAY

- 4 oz. Fruit Punch
- 3 oz. Chicken Breast Piccata (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Lemon Caper Sauce (**Please Send Extra Lemon Caper Sauce Separately**)
- ½ c. Oven Roasted Golden Potato Wedges
- ½ c. Broccoli Florets
- ½ c. Salad Blend with 1 Tbsp. Sliced, Black Olives – Salad Dressing
- 1 ea. Garlic Rosemary Dinner Roll – Butter
- ½ c. Fresh Blueberries
- 8 oz. 1% Milk