

## 2026 Somerset County Senior Center Menu - Week 3 Fall/Winter

### Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Apple Juice
- 3 oz. Fajita Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Southwestern Fajita Sauce (**Please Send Extra Southwestern Fajita Sauce Separately**)
- ½ c. Spanish Rice
- ½ c. Broccoli Floret & Yellow Corn Medley
- ½ c. Salad Blend with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Eight Grain Dinner Roll – Butter
- ½ c. Vanilla Yogurt/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 1% Milk

### Tuesday

- 4 oz. Orange Juice
- 3 oz. Pot Roast + 2 oz. **Reduced Sodium** Burgundy Wine Sauce (**Please Send Extra Burgundy Wine Sauce Separately**)
- ½ c. Mashed Potatoes
- ½ c. Mixed Vegetables
- ½ c. Arugula with 2 sl. Cucumbers + 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk

### Wednesday

- 4 oz. Fruit Punch
- 8 oz. Turkey Chili (Made with Ground Turkey. Kidney Beans, Onions & Spices)
- ½ c. Roasted Sweet Potatoes
- ½ c. Brussels Sprouts
- ½ c. Tossed Salad with 2 sl. Cucumbers + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Onion Roll – Butter
- ½ c. Five Spiced Apples
- 8 oz. 1% Milk

### Thursday

- 4 oz. Orange Juice
- 3 oz. Garden Vegetable Chicken Breast Curry (**Boneless & Unbreaded**) + 3 oz. **Reduced Sodium** Curry Sauce (**Please Send Extra Curry Sauce Separately**)
- ½ c. Brown Rice
- ½ c. Mixed Vegetable & Roasted Cauliflower Medley
- ½ c. Spinach Salad with 1 Tbsp Diced Green Peppers + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Oatmeal Raisin Cookie/ 1 ea. **Sugar Free Cookie – Diabetic**
- 8 oz. 1% Milk

### Friday

- 4 oz. Apple Juice
- 3 oz. Roast Pork + 2 oz. **Reduced Sodium** Red Wine Brown Gravy (**Please Send Extra Red Wine Brown Gravy Separately**)
- ½ c. Roasted Plantains
- ½ c. Asparagus Tips
- ½ c. Spring Mix with 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Rye Bread – Butter
- 1 ea. Fresh Tangerine
- 8 oz. 1% Milk