# 2026 Somerset County Senior Center Menu – Week 6 Fall/Winter

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

4 oz. Fruit Punch
8 oz. Chicken & Vegetable Stir Fry (Made with 3 oz. Diced Chicken Breast + 3 oz. Diced Red Pepper, Carrot Coins, Snow Peas, Broccoli Florets & 2 oz. **Reduced Sodium** Asian Sauce) **(Please Send Extra Asian Sauce Separately)**
½ c. Brown Rice
½ c. Spring Mix with 2 sl. Cucumbers + 2 ea. Cherry Tomatoes – Salad Dressing
1 sl. Whole Wheat Bread – Butter
1 ea. Fresh Tangerine
8 oz. 1% Milk

**Tuesday**

4 oz. Orange Juice
3 oz. Roast Turkey + 2 oz. **Reduced Sodium** Turkey Gravy **(Please Send Extra Turkey Gravy Separately)**
½ c. Brown Rice
½ c. Sugar Snap Peas
½ c. Arugula with 1 Tbsp. Dried Cranberries – Salad Dressing
½ c. Five Spiced Apples
8 oz. 1% Milk

**Wednesday**

6 oz. **Reduced Sodium** Vegetable Soup – **No Crackers/HDM's: Assorted Fruit Juices**
4 oz. Lemon Pepper Alaskan Pollack
½ c. Roasted Sweet Potatoes
½ c. Green Beans
½ c. Tossed Salad with 1 Tbsp. Diced Red Pepper + 1 Tbsp. Shredded Carrots – Salad Dressing
1 ea. Onion Roll – Butter
1 ea. Fresh Orange
8 oz. 1% Milk

**Thursday**

4 oz. Orange Juice
3 oz. Meatloaf + 2 oz. **Reduced Sodium** Mushroom Gravy **(Please Send Extra Mushroom Sauce Separately)**
½ c. Mashed Potatoes
½ c. Asparagus Tips
½ c. Arugula with 2 sl. Cucumbers – Salad Dressing
1 sl. Twelve Grain Bread – Butter
½ c. Fresh Fruit Salad – **No Grapefruit**
8 oz. 1% Milk

**Friday**

4 oz. Fruit Punch
3 oz. Sliced Chicken Breast **(Boneless & Unbreaded)** + 2 oz. **Reduced Sodium/Reduced Fat** Alfredo Sauce **(Please Send Extra Alfredo Sauce Separately)**
1 c. Whole Grain Fettuccini Pasta
½ c. Broccoli Floret, Carrot & Sugar Snap Pea Medley
½ c. Spinach Salad with 2 sl. Cucumbers – Salad Dressing
1 ea. Plain Dinner Roll – Butter
1 ea. Mixed Fruit Cup – **Juice Pack**
8 oz. 1% Milk