

Somerset County Senior Center Menus – Week 5 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 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. Mashed Potatoes Puree: Mashed Potatoes
- ½ c. Collard Greens Puree: Spinach
- ½ c. Lemon Zest Chick Pea Salad (Made with Chick Peas, Carrots, Celery, Red Pepper & Red Onion) Puree: Tomatoes
- 1 sl. Whole Wheat Bread – Margarine
- ½ c. Fruit Cocktail – **Juice Pack (Fruit Cup)** Puree: Sugar Free Plain Gelatin
- 8 oz. 2% or Skim Milk

TUESDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. (100%) Beef Hamburger Patty + 1 Large Romaine Lettuce Leaf + 1 sl. Red Onion + 1 sl. Tomato (**1/8 Inch Thick**) (**Please Send Romaine Lettuce, Red Onion and Tomato Separately**) Puree: Beef Patty with Gravy/Mashed Potatoes
- ½ c. Broccoli Floret, Onion, Red Pepper & Zucchini Medley Puree: Broccoli Florets
- ½ c. Coleslaw Puree: Coleslaw
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- 1 ea. Oatmeal Raisin Cookie/ ½ c. **Sugar Free Chocolate Pudding – Diabetic** Puree: Sugar Free Chocolate Pudding
- 8 oz. 2% or Skim Milk

WEDNESDAY

- 6 oz. **Reduced Sodium** Cream of Mushroom Soup – **No Crackers/MOW's Clients: Assorted Fruit Juices**
- 3 oz. Roast Turkey + 1 pc. Cranberry Sauce + 2 oz. **Reduced Sodium** Turkey Gravy (**Please Send Extra Turkey Gravy Separately**) Puree: Turkey with Gravy/Cranberry Sauce
- ½ c. Roasted Sweet Potatoes with Cinnamon Mashed Sweet Potatoes with Cinnamon
- ½ c. Green Beans Puree: Green Beans
- ½ c. Spring Mix with 1 Tbsp. Sliced, Green Olives + 1 Tbsp. Shredded Carrots – Salad Dressing Puree: Cucumbers Remove Seeds
- 1 ea. Onion Roll - Margarine
- 1 ea. Fresh Nectarine (**In Season**)/1 ea. Fresh Apple Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk

THURSDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Roast Beef + 2 oz. **Reduced Sodium** Brown Gravy (**Please Send Extra Brown Gravy Separately**) Puree: Roast Beef with Brown Gravy
- ½ c. Oven Roasted Potato Medley Puree: Mashed Butternut Squash
- ½ c. Roasted Brussels Sprouts Puree: Roasted Brussels Sprouts
- ½ c. Salad Blend with 1 Tbsp. Shredded Carrots + 2 sl. Cucumber + 2 ea. Artichoke Heart Quarters – Salad Dressing Puree: Tomatoes
- 1 sl. Rye Bread – Margarine
- 1 sl. Fresh Watermelon – **Seedless (Delivered Sanitized, Quartered) (In Season)**/1 ea. Fresh Orange Puree: Fruited Yogurt
- 8 oz. 2% or Skim Milk

FRIDAY

- 4 oz. Assorted Fruit Juices
- 8 oz. Chicken and Vegetable Stir Fry (Made with 3 oz. Diced Boneless Chicken Breast + 3 oz. Red Onion (**Large Dice**), Red & Green Pepper (**2 Inches in Length**), Carrots, Garlic, Snow Peas, Broccoli Florets & Sliced, Fresh Mushrooms + 2 oz. **Reduced Sodium** Asian Sauce) Puree: Chicken with Gravy
- ½ c. Brown Rice Puree: Mashed Potatoes/Carrots
- ½ c. Tomato, Cucumber & Onion Salad (**25/25/25 Ratio of Tomato, Cucumber & Onion**) Puree: Cucumbers Remove Seeds
- 1 oz. Crispy Chinese Noodles
- ½ c. Diced Peaches – **Juice Pack (Fruit Cup)** Puree: Sugar Free Chocolate Pudding
- 8 oz. 2% or Skim Milk