

Somerset County Senior Center Menu – Week 4 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 6 oz. **Reduced Sodium** Cream of Mushroom Soup – **No Crackers/MOW's Clients: Assorted Fruit Juices**
- 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**) Puree: Chicken Cacciatore
- ½ c. Creamy Polenta Puree: Creamy Polenta
- ½ c. Zucchini, Tomato, Mushrooms, Garlic & Basil Medley Puree: Zucchini, Tomato, Mushrooms, Garlic & Basil Medley
- ½ c. Tossed Salad with 1 Tbsp. Carrots + 2 ea. Artichoke Heart Quarters – Salad Dressing
Puree: Cucumbers Remove Seeds
- 1 ea. Sourdough Dinner Roll – Margarine
- ½ c. Fresh Blueberries (**In Season**) / 1 ea. Fresh Orange Puree: Mashed Blueberries
- 8 oz. 2% or Skim Milk

TUESDAY

- 4 oz. Assorted Fruit Juices
- 1 ea. Stuffed Cabbage + 3 oz. **Reduced Sodium** Tomato Sauce (**Please Send Tomato Sauce Separately**) Puree: Ground Beef with Gravy
- ½ c. Roasted Red Skinned Potato Wedges Puree: Mashed Potatoes
- ½ c. Mixed Vegetables Puree: Carrots
- ½ c. Arugula with 2 sl. Cucumbers + 1 Tbsp. Carrots – Salad Dressing Puree: Tomatoes
- 1 ea. Whole Wheat Dinner Roll – Margarine
- ½ c. Fresh, Sliced Strawberries (**In Season**) / 1 ea. Fresh Pear Puree: Sugar Free Plain Gelatin
- 8 oz. 2% or Skim Milk

WEDNESDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Center Cut Roast Pork + 2 oz. **Reduced Sodium/Reduced Sugar** Polynesian Sauce (**Please Send Extra Polynesian Sauce Separately**) Puree: Polynesian Roast Pork
- ½ c. Confetti Rice Puree: Couscous
- ½ c. Snow Peas, Baby Corn & Water Chestnut Medley Puree: Green Beans
- ½ c. Spring Mix with 1 Tbsp. Sliced, Green Olives – Salad Dressing Puree: Unsweetened Applesauce
- 1 sl. Twelve Grain Bread – Margarine
- ½ c. Fruited Yogurt/ ½ c. **Fruit Cocktail – Juice Pack (Fruit Cup) – Diabetic**
Puree: Fruited Yogurt
- 8 oz. 2% or Skim Milk

THURSDAY

- 4 oz. Assorted Fruit Juices
- 6 oz. Eggplant Parmigiana + 3 oz. **Reduced Sodium** Tomato Sauce + 1 oz. **Reduced Fat** Shredded Mozzarella Cheese (**Please Send Extra Tomato Sauce Separately**)
Puree: Pot Roast with Gravy
- ½ c. Whole Grain Rotini Pasta Mashed Potatoes
- ½ c. Italian Blended Vegetables Puree: Italian Blended Vegetables
- 1 sl. Whole Wheat Bread – Margarine
- ½ c. Fresh Fruit Salad – **No Grapefruit** Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk

FRIDAY

- 4 oz. Assorted Fruit Juices
- 4 oz. Potato Crusted Alaskan Pollack Puree: Potato Crusted Alaskan Pollack
- ½ c. Roasted Butternut Squash Cubes Puree: Mashed Butternut Squash
- ½ c. Broccoli Florets Puree: Broccoli Florets
- ½ c. Carrot Raisin Salad Puree: Carrot Raisin Salad
- 1 ea. Garlic Rosemary Dinner Roll – Margarine
- 1 ea. Fresh Peach (**In Season**) / ½ c. Pineapple Chunks – Juice Pack (Fruit Cup)
Puree: Sugar Free Chocolate Pudding
- 8 oz. 2% or Skim Milk