

2024 Somerset County Senior Center Menu - Week 2 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 3 oz. Roast Turkey + 2 oz. **Reduced Sodium Salsa Verde Sauce (Please Send Salsa Verde Sauce Separately)**
- ½ c. Barley
- ½ c. Carrot Coins
- ½ c. Tossed Salad with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Sourdough Dinner Roll – Butter
- 1 ea. Fresh Orange
- 8 oz. 1% Milk

Tuesday

- 4 oz. Assorted Fruit Juices
- 3 oz. Chicken Breast Parmigiana (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium Tomato Sauce** + 1 oz. **Reduced Fat Shredded Mozzarella Cheese (Please Send Extra Tomato Sauce Separately)**
- ½ c. Whole Grain Bowtie Pasta
- ½ c. Sugar Snap Peas
- ½ c. Broccoli Salad
- 1 ea. Plain Dinner Roll – Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 1% Milk

Wednesday

- 6 oz. **Reduced Sodium Minestrone Soup – No Crackers/MOW's: Assorted Fruit Juices**
- 2 ea. **Reduced Fat Manicotti** + 3 oz. **Reduced Sodium Tomato Sauce (Please Send Extra Tomato Sauce Separately)**
- ½ c. Italian Blended Vegetables
- ½ c. Arugula with 2 sl. Cucumber + 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Fresh Honeycrisp Apple
- 8 oz. 1% Milk

Thursday

- 4 oz. Assorted Fruit Juices
- 4 oz. Potato Crusted Alaskan Pollack + 2 oz. **Reduced Sodium Lemon Caper Sauce (Please Send Extra Lemon Caper Sauce Separately)**
- ½ c. Roasted Sweet Potatoes
- ½ c. Spinach
- ½ c. Salad Blend with 1 Tbsp. Diced Red Pepper + 2 sl. Cucumber – Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk

Friday

- 4 oz. Orange Juice
- 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**)
- ½ c. Mixed Vegetables
- ½ c. Coleslaw
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- ½ c. Fruited Yogurt/ ½ c. **Fruit Cup-Pineapple Chunks (Juice Pack) – Diabetic**
- 8 oz. 1% Milk