

Somerset County Senior Center Menus – Week 5 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

4 oz. Fruit Punch
3 oz. Orange Ginger Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium**
Orange Ginger Sauce (**Please Send Extra Orange Ginger Sauce Separately**)
½ c. Wild Rice Pilaf
½ c. Green Beans
½ c. Spinach with 1 Tbsp. Sliced Hearts of Palm – Salad Dressing
1 sl. Whole Wheat Bread – Butter
1 ea. Oatmeal Raisin Cookie/1 ea. **Sugar Free Cookie – Diabetic**
8 oz. 2% or Skim Milk

TUESDAY

4 oz. Orange Juice
3 oz. (100%) Beef Hamburger Patty + 1 Large Romaine Lettuce Leaf + 1 sl. Red Onion +
2 sl. Tomato (**1/8 Inch Thick**) (**Please Send Romaine Lettuce, Red Onion and**
Tomato Separately)
½ c. Red Pepper, Green Pepper, Broccoli Floret & Carrot Medley
½ c. Coleslaw
1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
½ c. Vanilla Ice Cream/ ½ c. **Sugar Free Ice Cream – Diabetic/HDM's: Fresh Fruit**
8 oz. 1% Milk

WEDNESDAY

4 oz. Apple Juice
8 oz. Turkey Chili (Made with Ground Turkey, Kidney Beans, Onion & Spices)
½ c. Roasted Sweet Potatoes
½ c. Brussels Sprouts
½ c. Spring Mix with 1 Tbsp. Dried Cranberries + 1 Tbsp. Shredded Carrots – Salad Dressing
1 sl. Rye Bread – Butter
½ c. Fresh, Sliced Strawberries
8 oz. 1% Milk

THURSDAY

6 oz. **Reduced Sodium** Vegetable Soup – **No Crackers/HDM's: Orange Juice**
3 oz. BBQ Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium/Reduced**
Sugar Hickory BBQ Sauce (**Please Send Extra Hickory BBQ Sauce Separately**)
½ c. Oven Roasted Potato Medley
½ c. Mixed Vegetables
½ c. Salad Blend with 1 Tbsp. Sliced, Black Olives – Salad Dressing
1 sl. Pumpernickel Bread – Butter
1 ea. Fresh Pear
8 oz. 1% Milk

FRIDAY

4 oz. Fruit Punch
3 oz. Salisbury Steak + 2 oz. **Reduced Sodium** Onion Gravy (**Please Send Extra Onion**
Gravy Separately)
½ c. Diced Rosemary Red Potatoes
½ c. Green Beans
½ c. Tossed Salad with 2 ea. Cherry Tomatoes – Salad Dressing
1 sl. Twelve Grain Bread – Butter
1 ea. Fresh Orange
8 oz. 1% Milk