

2025 Somerset County Senior Center Menu - Week 2 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Orange Juice
- 3 oz. Roast Turkey + 2 oz. **Reduced Sodium Salsa Verde Sauce (Please Send Extra Salsa Verde Sauce Separately)**
- ½ c. Vegetable Rice
- ½ c. Broccoli Florets
- ½ c. Tossed Salad with 2 ea. Cherry Tomatoes + 1 Tbsp. Sliced, Green Olives – Salad Dressing
- 1 ea. Poppy Seed Dinner Roll – Butter
- 1 ea. Fresh Golden Delicious Apple
- 8 oz. 1% Milk

Tuesday

- 4 oz. Apple Juice
- 3 oz. BBQ Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium/Reduced Sugar Hickory Barbecue Sauce (Please Send Extra Hickory Barbecue Sauce Separately)**
- ½ c. **Reduced Fat Macaroni & Cheese**
- ½ c. Collard Greens
- ½ c. Oaxaca Bean Salad (Made with Black Beans, Corn, Onion, Red Pepper, Reduced Sodium Italian Dressing, Oregano & Cumin)
- 1 sl. Whole Wheat Bread – Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 1% Milk

Wednesday

- 6 oz. **Reduced Sodium Vegetable Soup – No Crackers/MOW's: Fruit Punch**
- 3 ea. **Reduced Fat Stuffed Shells + 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. Twelve Grain Bread – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk

Thursday

- 4 oz. Fruit Punch
- 3 oz. Fajita Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium Southwestern Fajita Sauce (Please Send Extra Southwestern Fajita Sauce Separately)**
- ½ c. Spanish Rice
- ½ c. Kale
- ½ c. Salad Blend with 1 Tbsp. Sliced, Black Olives – Salad Dressing
- 1 sl. Rye Bread – Butter
- ½ c. Sliced, Fresh Strawberries
- 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. Carrot, Red Pepper & Broccoli Medley
- ½ c. Coleslaw
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- ½ c. Vanilla Yogurt/ ½ c. **Sugar Free Vanilla Pudding - Diabetic**
- 8 oz. 1% Milk