

## Somerset County Senior Center Menu – Week 6 Spring/Summer

### MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Apple Juice
- 8 oz. Macaroni & Beef Casserole (Made with Ground Beef, Elbow Macaroni, Stewed Tomatoes, Green Pepper, Onion, Garlic, Cumin, Basil & Pepper)
- ½ c. Sugar Snap Peas
- ½ c. Tossed Salad with 2 ea. Artichoke Heart Quarters – Salad Dressing
- 1 sl. Whole Wheat Bread -Butter
- ½ c. Fresh Blueberries
- 8 oz. 1% Milk

### TUESDAY

- 4 oz. Orange Juice
- 3 oz. Turkey Cacciatore (Made with Onion, Tomato, Green Pepper & Fresh, Sliced Mushrooms) + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Creamy Polenta
- ½ c. Broccoli Florets
- ½ c. Chopped Romaine Lettuce with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Plain Dinner Roll – Butter
- ½ c. Fresh Diced Honeydew Melon (**12 Slices Per Honeydew Melon**) (**Caterer will send whole on Monday morning with the delivery**) (**Staff will have to cut onsite**)
- 8 oz. 1% Milk

### WEDNESDAY

- 4 oz. Fruit Punch
- 3 oz. Chicken Breast Piccata (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Lemon Caper Sauce (**Please Send Extra Lemon Caper Sauce Separately**)
- ½ c. Roasted Butternut Squash Cubes
- ½ c. Oriental Blended Vegetables
- ½ c. Salad Blend with 1 Tbsp. Diced Red Pepper + 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- ½ c. Strawberry Yogurt/ ½ c. **Sugar Free Vanilla Pudding – Diabetic**
- 8 oz. 1% Milk

### THURSDAY

- 6 oz. **Reduced Sodium** Cream of Mushroom Soup – **No Crackers**
- 1 ea. (3 oz.) 100% Beef Hamburger + 1 ea. Romaine Lettuce Leaf + 1 sl. Red Onion + 1 sl. Tomato (**1/8 Inch Thick**) (**Please send hamburgers cooked**).
- ½ c. Carrots, Broccoli Floret & Red Pepper Medley
- ½ c. Coleslaw
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- 1 ea. Fresh Plum
- 8 oz. 1% Milk

### FRIDAY

- 4 oz. Orange Juice
- 3 ea. **Reduced Fat** Stuffed Shells + 3 oz. **Reduced Sodium** Italian Tomato Sauce (**Please Send Extra Italian Tomato Sauce Separately**)
- ½ c. Italian Blended Vegetables
- ½ c. Salad Blend with 1 Tbsp. Shredded Carrots + 1 Tbsp. Sliced Green Olives – Salad Dressing
- 1 sl. Rye Bread -Butter
- 1 ea. Fresh Nectarine
- 8 oz. 1% Milk