

Somerset County Senior Center Menu – Week 6 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 2 ea. **Reduced Fat Stuffed Shells + 3 oz. Reduced Sodium Tomato Sauce (Please Send Extra Tomato Sauce Separately)** Puree: Roast Beef with Gravy/Mashed Potatoes
- ½ c. Italian Blended Vegetables Puree: Italian Blended Vegetables
- ½ c. Spinach Salad with 1 Tbsp. Dried Cranberries + 2 sl. Cucumber – Salad Dressing
Puree: Cucumbers Remove Seeds
- 1 ea. Whole Wheat Dinner Roll - Margarine
- 1 sl. Fresh Cantaloupe (**Delivered Sanitized, Halved, Scoop Seeds**) (In Season)/1 ea. Fresh Apple
Puree: Sugar Free Plain Gelatin
- 8 oz. 2% or Skim Milk

TUESDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Center Cut Roast Pork + 2 oz. **Reduced Sodium Mushroom Gravy (Please Send Extra Mushroom Gravy Separately)** Puree: Pork with Gravy
- ½ c. Oven Roasted Potato Medley Puree: Mashed Butternut Squash
- ½ c. Mixed Vegetables Puree: Mixed Vegetables
- ½ c. Marinated Beet Salad Puree: Marinated Beet Salad
- 1 sl. Rye Bread – Margarine
- ½ c. Fresh Blueberries (**In Season**)/1 ea. Fresh Orange Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk

WEDNESDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Pot Roast + 2 oz. **Reduced Sodium Onion Gravy (Please Send Extra Onion Gravy Separately)** Puree: Pot Roast with Gravy
- ½ c. Mashed Potatoes Puree: Mashed Potatoes
- ½ c. Garlic Infused Kale Puree: Spinach
- ½ c. Tossed Salad with 1 Tbsp. Diced Green Pepper + 1 Tbsp. Diced Red Pepper – Salad Dressing
Puree: Tomatoes
- 1 ea. Plain Dinner Roll – Margarine
- 1 ea. Fresh Pear Puree: Fruited Yogurt
- 8 oz. 2% or Skim Milk

THURSDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Orange Ginger Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium/Reduced Sugar Orange Ginger Sauce (Please Send Extra Orange Ginger Sauce Separately)**
Puree: Orange Ginger Chicken Breast
- ½ c. Confetti Rice Puree: Israeli Couscous
- ½ c. Green Beans Puree: Green Beans
- ½ c. Salad Blend with 1 Tbsp. Shredded Carrots + 2 sl. Cucumber – Salad Dressing Puree: Unsweetened Applesauce
- 1 ea. Onion Roll – Margarine
- ½ c. Fresh Sliced Strawberries (**In Season**)/ ½ c. Mandarin Oranges – Juice Pack (**Fruit Cup**)
- 8 oz. 2% or Skim Milk

FRIDAY

- 6 oz. **Reduced Sodium Corn Chowder – No Crackers/MOW's Clients: Assorted Fruit Juices**
- 1 ea. Stuffed Pepper + 3 oz. **Reduced Sodium Tomato Sauce (Please Send Extra Tomato Sauce Separately)** Puree: Ground Beef with Tomato Sauce
- ½ c. Seasoned Oven Roasted Golden Potato Wedges Puree: Mashed Potatoes
- ½ c. Broccoli Florets Puree: Broccoli Florets
- ½ c. Spring Mix with 2 ea. Cherry Tomatoes – Salad Dressing Puree: Tomatoes
- 1 ea. Eight Grain Dinner Roll – Margarine
- 1 sl. Cake of the Month/ ½ c. **Sugar Free Vanilla Pudding – Diabetic**
Puree: Sugar Free Vanilla Pudding
- 8 oz. 2% or Skim Milk