

2024 Somerset County Senior Center Menu – Week 6 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 3 oz. Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Country Gravy (**Please Send Extra Country Gravy Separately**)
- ½ c. Diced Potatoes with Herbs
- ½ c. Mixed Vegetables
- ½ c. Spinach Salad with 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- ½ c. Five Spiced Apples
- 8 oz. 2% or Skim Milk

Tuesday

- 4 oz. Assorted Fruit Juices
- 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. Kale
- ½ c. Arugula with 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 sl. Rye Bread – Butter
- ½ c. Fruited Yogurt/ ½ c. **Sugar Free Vanilla Pudding – Diabetic**
- 8 oz. 2% or Skim Milk

Wednesday

- 4 oz. Assorted Fruit Juices
- 8 oz. Macaroni & Beef Casserole (Made with Ground Beef, Elbow Macaroni, Stewed Tomatoes, Green Pepper, Onion, Garlic Powder, Cumin, Basil & Pepper)
- ½ c. Broccoli Florets, Carrots & Red Pepper Medley
- ½ c. Salad Blend with 2 ea. Cherry Tomatoes + 1 Tbsp. Sliced, Green Olives – Salad Dressing
- 1 ea. Pumpernickel Dinner Roll – Butter
- 1 ea. Fresh Pear
- 8 oz. 2% or Skim Milk

Thursday

- 6 oz. **Reduced Sodium** Navy Bean Soup – **No Crackers/MOW's: Assorted Fruit Juices**
- 2 ea. **Reduced Fat** Stuffed Shells + 2 oz. **Reduced Sodium** Tomato Sauce + 1 oz. **Reduced Fat** Shredded Mozzarella Cheese (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Italian Blended Vegetables
- ½ c. Cucumber, Red Pepper & Onion Salad (**25/25/25 Ratio of Cucumber, Red Pepper & Onion**)
- 1 sl. Twelve Grain Bread – Butter
- ½ c. Fruit Cup – Diced Peaches (**Juice Pack**)

Friday

- 4 oz. Assorted Fruit Juices
- 6 ea. Chicken & Vegetable Dumplings + 2 oz. **Reduced Sodium** Ramen Mushroom Sauce (**Please Send Extra Ramen Mushroom Sauce Separately**)
- ½ c. Oriental Blended Vegetables
- ½ c. Spring Mix with 1 Tbsp. Diced Red Pepper + 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 ea. Poppy Seed Dinner Roll – Butter
- 1 ea. Fresh Orange
- 8 oz. 2% or Skim Milk