

Somerset County Senior Center Menus – Week 5 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

4 oz. Orange 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. 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. Rye Bread – Butter
1 ea. Oatmeal Raisin Cookie/ **1 ea. Sugar Free Lemon Cookie – Diabetic**
8 oz. 1% Milk

TUESDAY

4 oz. Fruit Punch
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. Green Beans
½ c. Coleslaw
1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
½ c. Vanilla Ice Cream/ ½ c. **Sugar Free Vanilla Ice Cream – Diabetic/MOW's Clients: Fresh Fruit**
8 oz. 1% Milk

WEDNESDAY

4 oz. Apple Juice
1 ea. Turkey Taco Bowl (Made with 3 oz. Turkey Crumbles + ¼ c. Spanish Rice +
¼ c. Black Beans + 2 oz. Diced Red Pepper, Diced Green Pepper, Yellow Corn & Diced
Tomatoes + 2 oz. **Reduced Sodium** Southwestern Fajita Sauce (**Please Send Extra**
Southwestern Fajita Sauce Separately)
½ c. Spring Mix with 1 Tbsp Dried Cranberries + 1 Tbsp. Shredded Carrots – Salad Dressing
1 sl. Twelve Grain Bread – Butter
1 ea. Fresh Peach
8 oz. 1% Milk

THURSDAY

6 oz. **Reduced Sodium** Vegetable Soup – **No Crackers/MOW's: Assorted Fruit Juices**
3 oz. Chicken Breast Parmigiana (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium**
Tomato Sauce + 1 oz. **Reduced Fat** Shredded Mozzarella Cheese (**Please Send Extra**
Tomato Sauce Separately)
½ c. Whole Grain Rotini Pasta
½ c. Italian Blended Vegetables
½ c. Salad Blend with 2 sl. Cucumbers + 2 ea. Cherry Tomatoes – Salad Dressing
1 sl. Pumpnickel Bread – Butter
½ c. Fresh Blueberries
8 oz. 1% Milk

FRIDAY

4 oz. Apple Juice
6 oz. Eggplant Parmigiana + 2 oz. **Reduced Sodium** Tomato Sauce + 1 oz. **Reduced**
Fat Shredded Mozzarella Cheese (**Please Send Extra Tomato Sauce Separately**)
½ c. Whole Grain Penne Pasta
½ c. Kale
½ c. Tossed Salad with 1 Tbsp. Diced Green Pepper + 1 Tbsp. Sliced Black Olives – Salad Dressing
1 ea. Plain Dinner Roll – Butter
½ c. Vanilla Yogurt/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
8 oz. 1% Milk