

Somerset County Senior Center Menu – Week 3 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 6 oz. **Reduced Sodium** Corn Chowder – No Crackers/MOW's: Assorted Fruit Juices
- 4 oz. Lemon Pepper Alaskan Pollack
- ½ c. Quinoa Pilaf
- ½ c. Carrot Coins, Red Pepper & Broccoli Medley
- ½ c. Salad Blend with 1 Tbsp. Dried Cranberries + 1 Tbsp. Diced Red Pepper– Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- 1 ea. Fresh Nectarine
- 8 oz. 1% Milk

TUESDAY

- 4 oz. Orange Juice
- 8 oz. Chicken & Vegetable Stir-Fry (Made with 3 oz. Diced Chicken Breast + 3 oz. Diced Red Pepper, Carrot Coins, Snow Peas, Broccoli Florets & Sliced Mushrooms + 2 oz. **Reduced Sodium** Asian Sauce)
- ½ c. Brown Rice
- ½ c. Spring Mix with 2 sl. Cucumbers + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Sourdough Dinner Roll – Butter
- 1 ea. Fresh Peach
- 8 oz. 1% Milk

WEDNESDAY

- 4 oz. Apple Juice
- 3 oz. Meatloaf + 2 oz. **Reduced Sodium** Onion Gravy (**Please Send Extra Onion Gravy Separately**)
- ½ c. Mashed Potatoes
- ½ c. Collard Greens
- ½ c. Arugula with 1 Tbsp. Shredded Carrots + 1 Tbsp. Sliced Green Olives – Salad Dressing
- 1 sl. Rye Bread – Butter
- ½ c. Vanilla Ice Cream/ ½ c. **Sugar Free Vanilla Ice Cream – Diabetic/**
MOW's Clients: Fresh Fruit
- 8 oz. 1% Milk

THURSDAY

- 4 oz. Fruit Punch
- 8 oz. Turkey Chili (Made with Ground Turkey, Kidney Beans, Onions & Spices)
- ½ c. Roasted Sweet Potatoes
- ½ c. Green Beans
- ½ c. Tossed Salad with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Poppy Seed Dinner Roll – Butter
- 1 ea. Small Chocolate Cannoli/ 1 ea. Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 1% Milk

FRIDAY

- 4 oz. Orange Juice
- 3 oz. Chicken Breast Cacciatore (**Boneless & Unbreaded**) (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. Asparagus Tips
- ½ c. Spinach Salad with 1 Tbsp. Shredded Carrots + 2 sl. Cucumbers – Salad Dressing
- 1 sl. Pumpernickel Bread – Butter
- 1 ea. Fresh Apple
- 8 oz. 1% Milk