

2025 Somerset County Senior Center Menu - Week 4 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Orange Juice
- 5 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. Spinach Salad with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Eight Grain Dinner Roll – Butter
- ½ c. Vanilla Yogurt/ ½ c. **Sugar Free Vanilla Pudding - Diabetic**
- 8 oz. 1% Milk

Tuesday

- 4 oz. Fruit Punch
- 3 oz. Pot Roast + 2 oz. **Reduced Sodium** Burgundy Wine Sauce (**Please Send Extra Burgundy Wine Sauce Separately**)
- ½ c. Roasted Butternut Squash Cubes
- ½ c. Collard Greens
- ½ c. Spring Mix with 2 sl. Cucumbers + 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 ea. Plain Dinner Roll - Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk

Wednesday

- 4 oz. Apple Juice
- 8 oz. Turkey Chili (Made with Ground Turkey, Kidney Beans, Onion & Spices)
- ½ c. Roasted Sweet Potatoes
- ½ c. Brussels Sprouts
- ½ c. Tossed Salad with 2 sl. Cucumbers + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Onion Roll - Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 1% Milk

Thursday

- 6 oz. **Reduced Sodium** Cream of Mushroom Soup – **No Crackers/MOW's: Orange Juice**
- 3 oz. Chicken Breast Piccata (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Lemon Caper Sauce (**Please Send Extra Lemon Caper Sauce Separately**)
- ½ c. Roasted Golden Potatoes
- ½ c. Mixed Vegetables
- ½ c. Spinach Salad with 1 Tbsp. Sliced, Black Olives + 1 Tbsp. Green Pepper – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- ½ c. Five Spiced Apples
- 8 oz. 1% Milk

Friday

- 4 oz. Fruit Punch
- 3 oz. Roast Pork + 2 oz. **Reduced Sodium** Red Wine Brown Gravy (**Please Send Red Wine Brown Gravy Separately**)
- ½ c. Barley
- ½ c. Asparagus Tips
- ½ c. Arugula with 2 sl. Cucumbers + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 ea. Garlic Rosemary Dinner Roll - Butter
- 1 ea. Fresh Tangerine
- 8 oz. 1% Milk