

ADC WEEKLY HAPPENINGS

November 18th-22nd

Monday, November 18th Today is National Mickey Mouse Day! The members will play Mickey Mouse Game, Disney Trivia, Ladder Golf, The Survey Says, 3 In A Row Toss, Thankful Quotes, Picture Mix Mickey and This is Your Life. In crafts, the members will make a Turkey Leaf Craft!

Tuesday, November 19th Today is National Play Monopoly Day! The members will participate in Bingo, Pool Table Mini Golf, Tic Tac Toe, Three Word Game, Spin A Color, Chat Pack and Monopoly!

Wednesday, November 20th The members will play Pumpkin Putt Putt, Finish the Lyric, Velcro Ball, Where Am I?, Word Chain Bodyball, Alphabet Challenge and Top Hits. In crafts, the members will make Handprint Leaf Art!

Thursday, November 21st Today is National Gingerbread Day! The members will participate in Gingerbread Bean Bag Toss, 75 Things To Do In Fall, Horse Racing, Gingerbread Themed Hangman. In the afternoon, the members will come together for Fall Themed Bingo!

Friday, November 22nd The members will play Money Fishing, Password, Knockout, Fun w/ Fill Ins, Flying Disc Toss, Rock Paper Scissors and Music Appreciation. In crafts, the members will make a Fall Craft w/Rosita

Somerset County Senior Center Menu – Week 2 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 1 ea. Stuffed Pepper + 2 oz. **Reduced Sodium** Tomato Sauce (Please Send Extra Tomato Sauce Separately)
- ½ c. Oven Roasted Potato Medley
- ½ c. Carrots
- ½ c. Spring Mix with 2 sl. Cucumbers + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Marble Bread – Butter
- 1 ea. Fresh Plum
- 8 oz. 1% or Skim Milk

TUESDAY

- 6 oz. **Reduced Sodium** Vegetable Soup – No Crackers/MOW's Clients: Assorted Fruit Juices
- 3 oz. Chicken Breast Marsala (Boneless & Unbreaded) + 2 oz. **Reduced Sodium** Marsala Sauce (Please Send Extra Marsala Sauce Separately)
- ½ c. Diced Rosemary Red Potatoes
- ½ c. Spinach
- ½ c. Salad Blend with 2 ea. Artichoke Heart Quarters + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Plain Dinner Roll – Butter
- 1 ea. Oatmeal Raisin Cookie/ ½ c. **Sugar Free Vanilla Pudding – Diabetic**
- 8 oz. 1% or Skim Milk

WEDNESDAY

- 4 oz. Assorted Fruit Juices
- 3 ea. **Reduced Fat** Stuffed Shells + 3 oz. **Reduced Sodium** Tomato Sauce (Please Send Extra Tomato Sauce Separately)
- ½ c. Italian Blended Vegetables
- ½ c. Four Bean Salad
- 1 sl. Whole Wheat Bread – Butter
- ½ c. Fruited Yogurt/ 1 ea. **Fresh Apple – Diabetic**
- 8 oz. 1% or Skim Milk

THURSDAY

- 4 oz. Assorted Fruit Juices
- 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 with 2 sl. Cucumbers + 1 Tbsp. Carrots – Salad Dressing
- 1 oz. Crispy Chinese Noodles
- 1 sl. Fresh Watermelon – Seedless (24 Slices Per Watermelon) (Caterer will send whole on Wednesday morning with the delivery) (Staff will have to cut onsite)
- 8 oz. 1% or Skim Milk

FRIDAY

- 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. Sugar Snap Peas
- ½ c. Italian Green Bean Salad (Made with Green Beans, Onion, Reduced Sodium Italian Dressing, Diced Red Pepper & Oregano)
- 1 sl. Twelve Grain Bread – Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 1% or Skim Milk