

## 2025 Somerset County Senior Center Menu - Week 1 Fall/Winter

### Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Fruit Punch
- 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. Salad Blend with 1 Tbsp. Sliced, Black Olives + 2 ea. Artichoke Heart Quarters – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Fresh Orange
- 8 oz. 1% Milk

### Tuesday

- 4 oz. Apple Juice
- 3 oz. Roast Beef + 2 oz. **Reduced Sodium** Onion Gravy (**Please Send Extra Onion Gravy Separately**)
- ½ c. Barley
- ½ c. Brussels Sprouts
- ½ c. Spring Mix with 2 sl. Cucumbers + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk

### Wednesday

- 4 oz. Orange Juice
- 4 oz. Potato Crusted Alaskan Pollack + 2 oz. **Reduced Sodium** Lemon Caper Sauce (**Please Send Extra Lemon Caper Sauce Separately**)
- ½ c. Roasted Butternut Squash Cubes
- ½ c. Mixed Vegetables
- ½ c. Tossed Salad with 2 sl. Cucumber – Salad Dressing
- 1 sl. Rye Bread – Butter
- ½ c. Strawberry Yogurt/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 1% Milk

### Thursday

- 4 oz. Apple Juice
- 1 ea. Stuffed Pepper + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**) (**Stuffed Pepper Filling is Made with Ground Beef, Rice & Spices**)
- ½ c. Roasted Golden Potatoes
- ½ c. Carrot Coins & Broccoli Florets
- ½ c. Arugula with 1 Tbsp. Shredded Carrots + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Pumpernickel Bread – Butter
- 1 ea. Fresh Apple
- 8 oz. 1% Milk

### Friday

- 6 oz. **Reduced Sodium** Minestrone Soup – **No Crackers/MOW's: Fruit Punch**
- 3 oz. Chicken Breast Parmigiana (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Tomato Sauce + 1 Tbsp. **Reduced Fat** Shredded Mozzarella Cheese (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Whole Grain Rotini Pasta
- ½ c. Green Beans
- ½ c. Spinach Salad with 2 ea. Cherry Tomatoes + 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 ea. Onion Roll – Butter
- 1 ea. Oatmeal Raisin Cookie/1 ea. **Sugar Free Cookies - Diabetic**
- 8 oz. 1% Milk