

2023 Somerset County Senior Center Menu - Week 5 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 4 oz. Dill Crusted Alaskan Pollack + 1 Pkt. Tartar Sauce **Puree: Dill Crusted Alaskan Pollack**
- ½ c. Seasoned Roasted Red Skinned Potato Wedges **Puree: Mashed Butternut Squash**
- ½ c. Carrots, Zucchini, Red Pepper & Green Pepper Medley **Puree: Green Beans**
- ½ c. Spring Mix with 1 Tbsp. Sliced, Black Olives + 2 pc. Hearts of Palm – Salad Dressing
Puree: Tomatoes
- 1 sl. Twelve Grain Bread – Margarine
- ½ c. Fruited Yogurt **Puree: Yogurt**
- 8 oz. 2% or Skim Milk

Tuesday

- 6 oz. **Reduced Sodium Escarole & Bean Soup – Crackers/MOW's: Assorted Fruit Juices**
- 6 oz. Eggplant Parmigiana + 3 oz. **Reduced Sodium Tomato Sauce + 1 oz. Reduced Fat Shredded Mozzarella Cheese (Please Send Extra Tomato Sauce Separately)**
Puree: Pot Roast with Gravy
- ½ c. Whole Grain Rotini Pasta **Puree: Mashed Potatoes**
- ½ c. Italian Blended Vegetables **Puree: Carrots**
- ½ c. Tossed Salad with 1 Tbsp. Sliced, Fresh Mushrooms + 2 ea. Artichoke Heart Quarters – Salad Dressing **Puree: Cucumbers Remove Seeds**
- 1 ea. Plain Dinner Roll – Margarine
- 1 ea. Fresh Orange **Puree: Sugar Free Plain Gelatin**
- 8 oz. 2% or Skim Milk

Wednesday

- 4 oz. Assorted Fruit Juices
- 3 oz. Spanish Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium Southwest Fajita Sauce (Please Send Extra Southwest Fajita Sauce Separately)** **Puree: Spanish Chicken Breast**
- ½ c. Saffron Rice **Puree: Couscous**
- ½ c. Spinach **Puree: Spinach**
- ½ c. Chopped Romaine Lettuce with 1 Tbsp. Yellow Corn + 2 ea. Cherry Tomatoes – Salad Dressing **Puree: Tomatoes**
- 1 ea. Eight Grain Dinner Roll – Margarine
- 1 es. Fresh Golden Delicious Apple **Puree: Unsweetened Applesauce**
- 8 oz. 2% or Skim Milk

Thursday

- 4 oz. Assorted Fruit Juices
- 3 oz. Roast Beef + 2 oz. **Reduced Sodium Red Wine Brown Gravy (Please Send Extra Red Wine Brown Gravy Separately)** **Puree: Roast Beef with Red Wine Brown Gravy**
- ½ c. Mashed Potatoes **Puree: Mashed Potatoes**
- ½ c. Roasted Cauliflower, Green Pea & Green Bean Medley **Puree: Broccoli Florets**
- ½ c. Tossed Salad with 1 Tbsp. Red Pepper + 1 Tbsp. Sliced, Green Olives – Salad Dressing
Puree: Tomatoes
- 1 sl. Rye Bread – Margarine
- ½ c. Fruit Cup – Peaches (**Juice Pack**) **Puree: Peaches**
- 8 oz. 2% or Skim Milk

Friday

- 6 oz. **Reduced Sodium Navy Bean Soup – Crackers/MOW's: Assorted Fruit Juices**
- 1 ea. Stuffed Cabbage + 3 oz. **Reduced Sodium Tomato Sauce (Please Send Extra Tomato Sauce Separately)** **Puree: Ground Beef with Gravy**
- ½ c. Oven Roasted Potato Medley **Puree: Mashed Potatoes**
- ½ c. Carrot Coins **Puree: Carrots**
- ½ c. Cucumber & Tomato Salad (**50/50 Ratio of Cucumbers & Tomatoes**) **Puree: Cucumber & Tomato Salad**
- 1 ea. Sourdough Dinner Roll – Margarine
- ½ c. Fruit Cup – Fruit Cocktail (**Juice Pack**) **Puree: Sugar Free Pudding**
- 8 oz. 2% or Skim Milk