

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 + 3 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**) Puree: Ground Beef with Gravy
- ½ c. Seasoned Oven Roasted Golden Tri Cut Potatoes Puree: Mashed Potatoes
- ½ c. Green Beans Puree: Green Beans
- ½ c. Tossed Salad with 1 Tbsp. Dried Cranberries + 2 sl. Cucumber – Salad Dressing Puree: Tomatoes
- 1 sl. Rye Bread – Margarine
- ½ c. Fresh, Sliced Strawberries (**In Season**)/ ½ c. Pineapple Chunks – Juice Pack (Fruit Cup) Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk

TUESDAY

- 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. Yellow Rice Puree: Israeli Couscous
- ½ c. Broccoli Floret & Carrot Medley Puree: Broccoli Floret & Carrot Medley
- ½ c. Oaxaca Bean Salad (Made with Black Beans, Corn, Onion, Red Pepper, Reduced Sodium Italian Dressing, Oregano & Cumin) Puree: Cucumbers Remove Seeds
- 1 ea. Whole Wheat Dinner Roll – Margarine
- 1 ea. Oatmeal Raisin Cookie/ ½ c. **Sugar Free Chocolate Pudding – Diabetic** Puree: Sugar Free Chocolate Pudding
- 8 oz. 2% or Skim Milk

WEDNESDAY

- 4 oz. Assorted Fruit Juices
- 8 oz. **Reduced Fat** Cheese Ravioli + 3 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**) Puree: Roast Pork with Gravy/Mashed Sweet Potatoes
- ½ c. Italian Blended Vegetables Puree: Italian Blended Vegetables
- ½ c. Salad Blend with 1 Tbsp. Sliced, Black Olives + 2 ea. Artichoke Heart Quarters – Salad Dressing Puree: Tomatoes
- 1 ea. Pumpernickel Dinner Roll – Margarine
- ½ c. Fresh Blueberries (**In Season**)/1 ea. Fresh Pear Puree: Mashed Blueberries
- 8 oz. 2% or Skim Milk

THURSDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Pot Roast + 2 oz. **Reduced Sodium** Brown Gravy (**Please Send Extra Brown Gravy Separately**) Puree: Pot Roast with Gravy
- ½ c. Mashed Potatoes Puree: Mashed Potatoes
- ½ c. Spinach Puree: Spinach
- ½ c. Arugula with 1 Tbsp. Shredded Carrots + 1 Tbsp. Dried Cranberries – Salad Dressing Puree: Cucumbers Remove Seeds
- 1 sl. Whole Wheat Bread – Margarine
- 1 sl. Fresh Watermelon – **Seedless (Delivered Sanitized, Quartered) (In Season)**/1 ea. Fresh Orange Puree: Sugar Free Plain Gelatin
- 8 oz. 2% or Skim Milk

FRIDAY

- 6 oz. **Reduced Sodium** Minestrone Soup – **Crackers/MOW's Clients: Assorted Fruit Juices**
- 8 oz. Macaroni & Beef Casserole (Made with Ground Beef, Elbow Macaroni, Stewed Tomatoes, Green Pepper, Onion, Garlic Powder, Cumin, Basil & Pepper) Puree: Roast Beef with Gravy/Mashed Butternut Squash
- ½ c. Sugar Snap Peas Puree: Sugar Snap Peas
- ½ c. Salad Blend with 2 sl. Cucumber + 2 ea. Cherry Tomatoes – Salad Dressing Puree; Tomatoes
- 1 sl. Twelve Grain Bread – Margarine
- ½ c. Fresh Fruit Salad – **No Grapefruit** Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk