

2024 Somerset County Senior Center Menu – Week 6 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Orange Juice
- 3 oz. Country Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Country Gravy (**Please Send Extra Country Gravy Separately**)
- ½ c. Roasted Sweet Potatoes
- ½ c. Mixed Vegetables
- ½ c. Salad Blend with 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Fresh Gala Apple
- 8 oz. 1% Milk

Tuesday

- 4 oz. Orange Juice
- 3 oz. Roast Turkey + 2 oz. **Reduced Sodium** Turkey Gravy (**Please Send Extra Turkey Gravy Separately**)
- ½ c. Corn Bread Stuffing
- ½ c. Green Beans
- ½ c. Arugula with 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 ea. Mini Kaiser Roll – Butter
- ½ c. Fruited Yogurt/ ½ c. **Mixed Fruit Cup (Juice Pack) – Diabetic**
- 8 oz. 1% Milk

Wednesday

- 4 oz. Assorted Fruit Juices
- 8 oz. Macaroni & Beef Casserole (Made with Ground Beef, Elbow Macaroni, Stewed Tomatoes, Green Pepper, Onion, Garlic, Cumin, Basil & Pepper)
- ½ c. Broccoli Floret, Carrot & Red Pepper Medley
- ½ c. Italian Green Bean Salad (Made with Green Beans, Onion, Reduced Sodium Italian Dressing, Oregano & Cumin)
- 1 sl. Twelve Grain Bread – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk

Thursday

- 6 oz. **Reduced Sodium** Navy Bean Soup – **No Crackers/MOW's: Assorted Fruit Juices**
- 3 ea. **Reduced Fat** Stuffed Shells + 3 oz. **Reduced Sodium** Tomato Sauce + 1 oz. **Reduced Fat** Shredded Mozzarella Cheese (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Italian Blended Vegetables
- ½ c. Four Bean Salad
- 1 ea. Poppy Seed Dinner Roll – Butter
- 1 ea. Fresh Orange
- 8 oz. 1% Milk

Friday

- 4 oz. Orange Juice
- 4 oz. Potato Crusted Alaskan Pollack + 1 Pkt. Tartar Sauce
- ½ c. Creamy Polenta
- ½ c. Italian Blended Vegetables
- ½ c. Spring Mix with 1 Tbsp. Sliced, Green Olives – Salad Dressing
- 1 sl. Pumpnickel Bread – Butter
- ½ c. Five Spiced Apples
- 8 oz. 1% Milk