

ADC WEEKLY HAPPENINGS
November 11th-November 15th

Monday, November 11th Today is Veterans Day! The ADC is CLOSED

Tuesday, November 12th Today is National Chicken Soup for The Soul Day! The members will play Hand Ball/Batter Up!, What Did It Cost!, Chuck the Duck, You Be The Judge, Card Sharks, Chicken Soup Stories and BeanBag Twister. In Crafts, the members will make Pumpkin Turkeys w/Jenny & Tina!

Wednesday, November 13th The members will participate in Mini Golf, Rhymonymns, Tube Ball Knockout, Name 3, Black Jack Wheel Game, Common Bonds and Travel to Cleveland. In crafts, the members will make Popsicle Stick Pumpkins!

Thursday, November 14th The members will play Balloon Volleyball, Prefix Word Game, PaperBoy, Are You Smarter?, High Rollers, Music Legends and Left Center Right. In crafts, the members will make Fall Trees w/Dave!

Friday, November 15th The members will play Bowling, Bingo, Find the Pumpkin, Fall Picture Mix and Thankful Hymns. In the afternoon, we will come together to celebrate November Birthdays w/DJ Joe!

Somerset County Senior Center Menu – Week 1 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 4 oz. Dill Crusted Alaskan Pollack
- ½ c. Qunioa Pilaf
- ½ c. Mixed Vegetables
- ½ c. Marinated Beet Salad
- 1 sl. Rye Bread – Butter
- ½ c. Fresh Blueberries
- 8 oz. 1% or Skim Milk

TUESDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Chicken Breast Piccata (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Lemon Caper Sauce (**Please Send Extra Lemon Caper Sauce Separately**)
- ½ c. Wild Rice Pilaf
- ½ c. Green Beans
- ½ c. Salad Blend with 1 Tbsp. Carrots + 2 sl. Cucumbers – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 sl. Fresh Honeydew Melon (**12 Slices Per Honeydew Melon**) (**Caterer will send whole on Monday morning with the delivery**) (**Staff will have to cut onsite**)
- 8 oz. 1% or Skim Milk

WEDNESDAY

- 4 oz. Assorted Fruit Juices
- 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. Broccoli Florets
- ½ c. Spring Mix with 1 Tbsp. Sliced, Black Olives – Salad Dressing
- 1 sl. Pumpnickel Bread – Butter
- ½ c. Fresh, Sliced Strawberries
- 8 oz. 1% or Skim Milk

THURSDAY

- 4 oz. Assorted Fruit Juices
- 1 ea. (3 oz.) Beef Hamburger Patty + 1 Large Romaine Lettuce Leaf + 1 sl. Red Onion + 1 sl. Tomato (**1/8 Inch Thick**) (**Please Send Romaine Lettuce, Red Onion, and Tomato Separately**)
- ½ c. Corn & Red Pepper Medley
- ½ c. Salad Blend with 2 sl. Cucumbers + 1 Tbsp. Carrots – Salad Dressing
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- ½ c. Fruited Yogurt/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 1% or Skim Milk

FRIDAY

- 4 oz. Assorted Fruit Juices
- 1 ea. Turkey Taco Bowl (Made with 3 oz. Turkey Crumbles + ¼ c. Spanish Rice + ¼ c. Black Beans + 2 oz. Sliced Red Pepper, Sliced Green Pepper, Yellow Corn & Diced Tomatoes + 2 oz. **Reduced Sodium** Southwestern Fajita Sauce) (**Please Send Extra Southwestern Fajita Sauce Separately**)
- ½ c. Chopped Romaine Lettuce with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Flour Tortilla (6 Inch) (**12 Tortillas Per Pack**) (**Staff will have to pack tortillas for HDM clients**)
- 1 ea. Fresh Peach
- 8 oz. 1% or Skim Milk