

Somerset County Senior Center Menu – Week 6 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Orange Juice
- 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 sl. Whole Wheat Bread – Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 1% Milk

TUESDAY

- 4 oz. Apple Juice
- 5 ea. (3 oz.) Swedish Meatballs + 2 oz. **Reduced Sodium Brown Gravy (Please Send Extra Brown Gravy Separately)**
- ½ c. Egg Noodles
- ½ c. Spinach
- ½ c. Salad Blend with 2 ea. Cherry Tomatoes + 1 Tbsp. Red Pepper – Salad Dressing
- 1 ea. Sourdough Dinner Roll – Butter
- ½ c. Five Spiced Apples
- 8 oz. 1% Milk

WEDNESDAY

- 6 oz. **Reduced Sodium Cream of Mushroom Soup – No Crackers/HDM's: Fruit Punch**
- 3 oz. Tarragon Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium Tarragon Sauce (Please Send Extra Tarragon Sauce Separately)**
- ½ c. Roasted Butternut Squash Cubes
- ½ c. Sugar Snap Peas
- ½ c. Spinach Salad with 1 Tbsp. Red Pepper + 2 sl. Cucumber - Salad Dressing
- 1 ea. Poppy Seed Dinner Roll – Butter
- 1 sl. Fresh Watermelon – **Seedless (24 Slices Per Watermelon) (Caterer will send whole on Tuesday Morning with the delivery) (Staff will have to cut onsite)**
- 8 oz. 1% Milk

THURSDAY

- 4 oz. Apple Juice
- 4 oz. Dill Crusted Alaskan Pollack
- ½ c. Diced Rosemary Red Potatoes
- ½ c. Carrots
- ½ c. Tossed Salad with 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Rye Bread – Butter
- ½ c. Strawberry Yogurt/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 1% Milk

FRIDAY

- 4 oz. Fruit Punch
- 3 oz. Roast Turkey + 2 oz. **Reduced Sodium Turkey Gravy (Please Send Extra Turkey Gravy Separately)**
- ½ c. Corn Bread Stuffing
- ½ c. Corn & Red Pepper Medley
- ½ c. Spring Mix with 2 sl. Cucumber – Salad Dressing
- 1 ea. Mini Kaiser Roll – Butter
- ½ c. Fresh Blueberries
- 8 oz. 1% Milk