

Somerset County Senior Center Menu – Week 6 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 6 ea. Vegetable (Edamame) Dumplings + 2 oz. **Reduced Sodium** Ramen Mushroom Sauce (**Please Send Ramen Mushroom Sauce Separately**)
- ½ c. Oriental Blended Vegetables
- ½ c. Spinach with 2 sl. Cucumbers + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 2% or Skim Milk

TUESDAY

- 6 oz. **Reduced Sodium** Navy Bean Soup – **No Crackers/MOW's Clients: Assorted Fruit Juices**
- 3 oz. (6 ea.) Swedish Meatballs + 2 oz. **Reduced Sodium** Brown Gravy (**Please Send Extra Brown Gravy Separately**)
- ½ c. Egg Noodles
- ½ c. Broccoli Florets
- ½ c. Salad Blend with 1 Tbsp. Carrots – Salad Dressing
- 1 sl. Rye Bread – Butter
- ½ c. Fresh, Sliced Strawberries
- 8 oz. 2% or Skim Milk

WEDNESDAY

- 4 oz. Assorted Fruit Juices
- 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. Cucumber & Tomato Salad (**50/50 Ratio of Cucumbers & Tomatoes**)
- 1 sl. Twelve Grain Bread – Butter
- 1 ea. Fresh Plum
- 8 oz. 2% or Skim Milk

THURSDAY

- 4 oz. Assorted Fruit Juices
- 4 oz. Potato Crusted Alaskan Pollack + 2 oz. **Reduced Sodium** Lemon Caper Sauce (**Please Send Extra Lemon Caper Sauce Separately**)
- ½ c. Oven Roasted Golden Potato Wedges
- ½ c. Green Beans
- ½ c. Tossed Salad with 2 ea. Hearts of Palm Quarters – Salad Dressing
- 1 ea. Sourdough Dinner Roll – Butter
- ½ c. Fruited Yogurt/ ½ c. **Sugar Free Chocolate Pudding**
- 8 oz. 2% or Skim Milk

FRIDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Chicken Breast Cacciatore (**Boneless & Unbreaded**) (Made with Onion, Tomato, Green Pepper & Fresh, Sliced Mushrooms) + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Barley
- ½ c. Green Peas & Carrot Coins
- ½ c. Spring Mix with 2 sl. Cucumbers + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Pumpernickel Bread – Butter
- 1 sl. Fresh Cantaloupe (**12 Slices Per Cantaloupe**) (**Caterer will send whole on Thursday morning with the delivery**) (**Staff will have to cut onsite**)
- 8 oz. 2% or Skim Milk