

Somerset County Senior Center Menu – Week 2 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Apple Juice
- 1 ea. Stuffed Pepper + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Golden Russet Potatoes
- ½ c. Sugar Snap Peas
- ½ c. Arugula with 2 sl. Cucumbers + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Onion Roll – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk

TUESDAY

- 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. Kale
- ½ c. Tossed Salad with 1 Tbsp. Shredded Carrots + 1 Tbsp. Dried Cranberries– Salad Dressing
- 1 ea. Mini Kaiser Roll – Butter
- ½ c. Five Spiced Apples
- 8 oz. 1% Milk

WEDNESDAY

- 6 oz. **Reduced Sodium** Lentil Soup – **No Crackers/ MOW's: Assorted Fruit Juices**
- 2 ea. **Reduced Fat** Manicotti + 3 oz. **Reduced Sodium** Pomodoro Sauce (**Please Send Extra Pomodoro Sauce Separately**)
- ½ c. Italian Blended Vegetables
- ½ c. Salad Blend with 2 ea. Cherry Tomatoes + 2 ea. Artichoke Heart Quarters – Salad Dressing
- 1 ea. Garlic Rosemary Dinner Roll – Butter
- ½ c. Diced Fresh Cantaloupe (**12 Slices Per Cantaloupe**) (**Caterer will send whole on Tuesday morning with the delivery**) (**Staff will have to cut onsite**)
- 8 oz. 1% Milk

THURSDAY

- 4 oz. Orange Juice
- 3 oz. Chicken Breast Francese (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Lemon Butter Sauce (**Please Send Extra Lemon Butter Sauce Separately**)
- ½ c. Barley
- ½ c. Mixed Vegetables
- ½ c. Spinach Salad with 2 ea. Cherry Tomatoes + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 1% Milk

FRIDAY

- 4 oz. Apple Juice
- 5 ea. (3 oz.) Swedish Meatballs + 2 oz. **Reduced Sodium** Brown Gravy (**Please Send Extra Brown Gravy Separately**)
- ½ c. Whole Grain Elbow Noodles
- ½ c. Brussels Sprouts
- ½ c. Spring Mix with 1 Tbsp. Sliced, Black Olives + 1 Tbsp. Diced Red Pepper – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Oatmeal Raisin Cookie/ 1 ea. **Sugar Free Chocolate Chip Cookie – Diabetic**
- 8 oz. 1% Milk