

ADC WEEKLY HAPPENINGS

September 23rd-27th

Monday, September 23rd The members will play Mouse's House, ABCYa Fun, Floor Basketball, HorseRacing, Ball Toss & Talk, and Picture Cards. In crafts, the members will make Paper Daisies!

Tuesday, September 24th The members will participate in Hit your Color, Word Chain Game, Ping Pong Plate Challenge, Slotz Ball, 3 Letter Words, Would You Rather and Bingo! In crafts, the members will Color pictures of Plants!

Wednesday, September 25th Today is National One Hit Wonder Day! The members will play Hot Potato, Roll & Tell, Ring Toss, Tissue Cup Pong, 3 Word Game, Top Hits of Yesterday and Relaxation. Suzanne the Art Therapist will be here today!

Thursday, September 26th Today is Johnny Appleseed Day! The members will play Balloon Noodle, You Be The Judge, Apple Can Knockout, Ice Breakers, Card Sharks, EZ Trivia and Spot the Difference. In crafts, the members will make String Spinners!

Friday, September 27th Today is National Scarf Day! The members will participate in Skee Ball, Picture Guess, Minute to Win It, Scattergories and Musical Hangman. In crafts, the members will have Doggie Fun. In the afternoon, we will come together to celebrate the Monthly Birthdays with DJ Joe!

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. Pumppernickel 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