

Somerset County Senior Center Menu – Week 1 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Fruit Punch
- 3 oz. Roast Turkey + 2 oz. **Reduced Sodium Salsa Verde Sauce (Please Send Extra Salsa Verde Sauce Separately)**
- ½ c. Spanish Rice
- ½ c. Carrot Coins
- ½ c. Tossed Salad with 2 sl. Cucumbers + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Fresh Peach
- 8 oz. 1% Milk

TUESDAY

- 4 oz. Apple Juice
- 3 oz. Sweet and Sour Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium/Reduced Sugar Sweet and Sour Sauce (Please Send Extra Sweet and Sour Sauce Separately)**
- ½ c. Vegetable Rice
- ½ c. Mixed Vegetables
- ½ c. Salad Blend with 2 ea. Cherry Tomatoes + 1 Tbsp. Diced Red Pepper – Salad Dressing
- 1 sl. Rye Bread – Butter
- 1 ea. Fresh Plum
- 8 oz. 1% Milk

WEDNESDAY

- 4 oz. Orange Juice
- 3 oz. Pot Roast + 2 oz. **Reduced Sodium Red Wine Brown Gravy (Please Send Extra Red Wine Brown Gravy Separately)**
- ½ c. Roasted Sweet Potatoes
- ½ c. Spinach
- ½ c. Spring Mix with 1 Tbsp. Sliced, Black Olives + 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 sl. Pumpernickel Bread – Butter
- ½ c. Fresh Blueberries
- 8 oz. 1% Milk

THURSDAY

- 4 oz. Apple Juice
- 3 oz. (100%) 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. Coleslaw
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- ½ c. Vanilla Yogurt/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 1% Milk

FRIDAY

- 6 oz. **Reduced Sodium Vegetable Soup – No Crackers/MOW's: Assorted Fruit Juices**
- 4 oz. Dill Crusted Alaskan Pollack
- ½ c. Roasted Butternut Squash Cubes
- ½ c. Broccoli Florets
- ½ c. Spinach Salad with 1 Tbsp. Diced Green Pepper + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- ½ c. Fresh Sliced Strawberries
- 8 oz. 1% Milk