

Somerset County Senior Center Menu - Week 1 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 6 oz. **Reduced Sodium Minestrone Soup – Crackers (In a 6 oz. Portion Please Include ½ c. Beans/Pasta)**
Puree: Strained Minestrone Soup
- 6 oz. **Eggplant Parmigiana + 3 oz. Reduced Sodium Tomato Sauce + 1 oz. Reduced Fat Shredded Mozzarella Cheese (Please Send Extra Tomato Sauce Separately)** **Puree: Beef Patty**
- ½ c. **Whole Grain Shell Pasta** **Puree: Mashed Potatoes**
- ½ c. **Zucchini, Tomato, Garlic & Onion Medley** **Puree: Stewed Tomatoes**
- ½ c. **Salad Blend with 2 ea. Artichoke Heart Quarters + 1 Tbsp. Sliced, Black Olives – Salad Dressing**
Puree: Cucumbers Remove Seeds
- 1 sl. **Italian Bread – Margarine**
- 1 ea. **Fresh Pear** **Puree: Canned Pears**
- 8 oz. **2% or Skim Milk**

Tuesday

- 4 oz. **Assorted Fruit Juices**
- 3 oz. **Pot Roast + 2 oz. Reduced Sodium Mushroom Gravy (Please Send Extra Mushroom Gravy Separately)** **Puree: Pot Roast**
- ½ c. **Mashed Potatoes** **Puree: Mashed Potatoes**
- ½ c. **Kale** **Puree: Spinach**
- ½ c. **Corn, Red Pepper & Onion Salad (25/25/25 Ratio of Corn, Red Pepper & Onion)**
Puree: Tomatoes
- 1 sl. **Whole Wheat Bread – Margarine**
- ½ c. **Fruited Yogurt/Fresh Apple – Diabetic** **Puree: Sugar Free Plain Gelatin**
- 8 oz. **2% or Skim Milk**

Wednesday - Deliver Thursday's Frozen Dessert

- 6 oz. **Reduced Sodium Lentil Soup – No Crackers** **Puree: Strained Lentil Soup**
- 4.2 oz. **Lemon Pepper Alaskan Pollack + 1Pkt. Tartar Sauce** **Puree: Lemon Pepper Alaskan Pollack**
- ½ c. **Roasted Butternut Squash Cubes** **Puree: Mashed Butternut Squash**
- ½ c. **Sugar Snap Peas** **Puree: Green Beans**
- ½ c. **Tossed Salad with 1 Tbsp. Dried Cranberries – Salad Dressing** **Puree: Cucumbers Remove Seeds**
- 1 sl. **Pumpernickel Bread – Margarine**
- 1 ea. **Fresh Orange + Thursday's Frozen Dessert** **Puree: Unsweetened Applesauce**
- 8 oz. **2% or Skim Milk**

Thursday

- 4 oz. **Assorted Fruit Juices**
- 1 ea. **Stuffed Pepper + 3 oz. Reduced Sodium Tomato Sauce (Please Send Extra Tomato Sauce Separately)** **Puree: Ground Beef**
- ½ c. **Diced Red Skinned Parsley Potatoes** **Puree: Mashed Potatoes**
- ½ c. **Broccoli Florets, Carrot Coins & Red Pepper Medley** **Puree: Carrot Coins**
- ½ c. **Oaxaca Bean Salad (Made with Black Beans, Corn, Onion, Red Pepper, Reduced Sodium Italian Dressing, Oregano & Cumin)** **Puree: Tomatoes**
- 1 ea. **Whole Wheat Dinner Roll – Margarine**
- ½ c. **Chocolate Ice Cream/Sugar Free Ice Cream – Diabetic/MOW's Dessert: Fresh Fruit**
Puree: Sugar Free Ice Cream
- 8 oz. **2% or Skim Milk**

Friday

- 6 oz. **Reduced Sodium Vegetable Soup – Crackers** **Puree: Strained Vegetable Soup**
- 3 oz. **Chicken Breast Marsala (Boneless and Unbreaded) + 2 oz. Reduced Sodium Marsala Sauce (Please Send Extra Marsala Sauce Separately)** **Chicken**
- ½ c. **Roasted Sweet Potatoes** **Puree: Mashed Sweet Potatoes**
- ½ c. **Roasted Brussels Sprouts** **Puree: Brussels Sprouts**
- ½ c. **Fresh Fruit Salad – No Grapefruit** **Puree: Unsweetened Applesauce**
- 1 sl. **French Bread – Margarine**
- 1 ea. **Oatmeal Raisin Cookie/Sugar Free Cookies – Diabetic** **Puree: Sugar Free Pudding**
- 8 oz. **2% or Skim Milk**