

## Somerset County Senior Center Menu - Week 2 Fall/Winter

### Monday (Send Crushed Ice for Thermometer Calibration) - Deliver Tuesday's Frozen Dessert

- 6 oz. **Reduced Sodium Cream of Mushroom Soup – No Crackers** **Puree: Strained Cream of Mushroom Soup**
- 3 oz. **(100%) Beef Hamburger Patty + 1 sl. Red Onion + 1 Large Romaine Lettuce Leaf**  
**(Please Send Red Onion and Lettuce Separately)** **Puree Beef Patty/Mashed Sweet Potatoes**
- ½ c. **Broccoli Florets & Carrot Coins** **Puree: Broccoli Florets**
- ½ c. **Coleslaw** **Puree: Coleslaw**
- 1 ea. **Whole Wheat Hamburger Bun + 1 Pkt. Ketchup**
- ½ c. **Five Spiced Apples** **Puree: Unsweetened Applesauce**
- 8 oz. **2% or Skim Milk**

### Tuesday

- 4 oz. **Assorted Fruit Juices**
- 3 oz. **Country Chicken Breast (Boneless and Unbreaded) + 2 oz. Reduced Sodium Country Gravy (Please Send Extra Country Gravy Separately)** **Puree: Chicken with Country Gravy**
- ½ c. **Reduced Fat/Reduced Sodium Macaroni & Cheese** **Puree: Macaroni & Cheese**
- ½ c. **Asparagus Tips** **Puree: Asparagus Tips**
- ½ c. **Tossed Salad with 1 Tbsp. Red Pepper + 1 Tbsp. Shredded Carrots – Salad Dressing** **Puree: Tomatoes**
- 1 sl. **Rye Bread – Margarine**
- 1 ea. **Pie of the Month/Sugar Free Ice Cream – Diabetics/MOW's Diabetic Dessert: Fresh Fruit**  
**Puree: Sugar Free Pudding**
- 8 oz. **2% or Skim Milk**

### Wednesday

- 6 oz. **Reduced Sodium Carrot Ginger Soup – No Crackers** **Puree: Strained Carrot Ginger Soup**
- 8 oz. **Vegetable Lasagna + 3 oz. Reduced Sodium Tomato Sauce (Please Send Extra Tomato Sauce Separately)** **Puree: Roast Beef/Mashed Potatoes**
- ½ c. **Italian Blended Vegetables with Basil** **Puree: Italian Blended Vegetables**
- ½ c. **Spring Mix with 1 Tbsp. Dried Cranberries + 2 sl. Cucumbers – Salad Dressing** **Puree: Tomatoes**
- 1 sl. **Italian Bread – Margarine**
- 1 ea. **Fresh Pear** **Puree: Canned Pears**
- 8 oz. **2% or Skim Milk**

### Thursday

- 4 oz. **Assorted Fruit Juices**
- 3 oz. **Center Cut Pork Roast + 2 oz. Reduced Sodium Wine Sauce (Please Send Extra Wine Sauce Separately)** **Puree: Pork Roast with Wine Sauce**
- ½ c. **Mashed Sweet Potatoes with Cinnamon** **Puree: Mashed Sweet Potatoes with Cinnamon**
- ½ c. **Roasted Cauliflower Florets, Green Beans & Green Peas Medley** **Puree: Green Beans**
- ½ c. **Spinach Salad with 1 Tbsp. Diced Red Pepper + 1 Tbsp. Sliced, Fresh Mushroomis – Salad Dressing**  
**Puree: Cucumbers Remove Seeds**
- 1 sl. **Whole Wheat Bread – Margarine**
- ½ c. **Sugar Free Plain Gelatin (For All)** **Puree: Sugar Free Plain Gelatin**
- 8 oz. **2% or Skim Milk**

### Friday – Deliver Monday's Frozen Dessert

- 6 oz. **Reduced Sodium Corn Chowder – No Crackers** **Puree: Strained Corn Chowder**
- 6 ea. **(3 oz.) Swedish Meatballs + 2 oz. Reduced Sodium Brown Gravy (Please Send Extra Brown Gravy Separately)** **Puree: Swedish Meatballs with Brown Gravy**
- ½ c. **Egg Noodles** **Puree: Egg Noodles**
- ½ c. **Spinach** **Puree: Spinach**
- ½ c. **Arugula with 2 ea. Cherry Tomatoes + 1 Tbsp. Shredded Carrots – Salad Dressing** **Puree: Tomatoes**
- 1 sl. **Twelve Grain Bread – Margarine**
- 1 ea. **Fresh Orange + Monday's Frozen Dessert** **Puree: Sugar Free Ice Cream**
- 8 oz. **2% or Skim Milk**