

## Somerset County Senior Center Menu - Week 3 Fall/Winter

### Monday (Send Crushed Ice for Thermometer Calibration)

- 6 oz. **Reduced Sodium Carrot Ginger Soup – No Crackers** **Puree: Strained Carrot Ginger Soup**
- 8 oz. **Chicken & Vegetable Stir Fry (Made with 3 oz. Diced Boneless Chicken Breast + 3 oz. Red Onion (Large Dice), Red & Green Pepper Strips (2 Inches in Length), Garlic, Snow Peas, Spinach & Sliced Fresh Mushrooms + 2 oz. Reduced Sodium Asian Sauce)** **Puree: Chicken**
- ½ c. **Brown Rice** **Puree: Mashed Potatoes/Spinach**
- ½ c. **Spring Mix with 2 ea. Cherry Tomatoes – Salad Dressing** **Puree: Tomatoes**
- 1 oz. **Crispy Chinese Noodles**
- ½ c. **Raspberry Sherbet/Sugar Free Ice Cream – Diabetic/MOW's Dessert: Fresh Fruit**  
**Puree: Sugar Free Ice Cream**
- 8 oz. **2% or Skim Milk**

### Tuesday

- 4 oz. **Assorted Fruit Juices**
- 4.2 oz. **Lemon Pepper Alaskan Pollack + 1 Pkt. Tartar Sauce** **Puree: Lemon Pepper Alaskan Pollack**
- ½ c. **Oven Roasted Potato Medley** **Puree: Mashed Potatoes**
- ½ c. **Green Beans** **Puree: Green Beans**
- ½ c. **Tossed Salad with 1 Tbsp. Dried Cranberries – Salad Dressing** **Puree: Tomatoes**
- 1 ea. **Onion Roll – Margarine**
- 1 ea. **Fresh Apple** **Puree: Unsweetened Applesauce**
- 8 oz. **2% or Skim Milk**

### Wednesday

- 6 oz. **Reduced Sodium Vegetable Soup – Crackers** **Puree: Strained Vegetable Soup**
- 3 oz. **Meatloaf + 2 oz. Reduced Sodium Brown Gravy (Please Send Extra Brown Gravy Separately)** **Puree: Meatloaf with Brown Gravy**
- ½ c. **Mashed Potatoes** **Puree: Mashed Potatoes**
- ½ c. **Corn & Red Pepper Medley** **Puree: Carrot Coins**
- ½ c. **Spinach Salad with 1 Tbsp. Shredded Carrots + 1 Tbsp. Sliced, Black Olives – Salad Dressing**  
**Puree: Unsweetened Applesauce**
- 1 sl. **Twelve Grain Bread – Margarine**
- ½ c. **Fruited Yogurt/Sugar Free Pudding – Diabetic** **Puree: Sugar Free Pudding**
- 8 oz. **2% or Skim Milk**

### Thursday

- 4 oz. **Assorted Fruit Juices**
- 3 oz. **Roast Turkey + 1 pc. Cranberry Sauce + 2 oz. Reduced Sodium Turkey Gravy (Please Send Extra Turkey Gravy Separately)** **Puree: Turkey with Gravy**
- ½ c. **Bread Stuffing** **Puree: Mashed Butternut Squash**
- ½ c. **Broccoli Florets** **Puree: Broccoli Florets**
- ½ c. **Health Salad (Made with Cabbage, Red Pepper, Carrots & Vinegar)** **Puree: Cucumbers Remove Seeds**
- 1 sl. **Rye Bread – Margarine**
- 1 ea. **Fresh Orange** **Puree: Sugar Free Plain Gelatin**
- 8 oz. **2% or Skim Milk**

### Friday

- 6 oz. **Reduced Sodium Navy Bean Soup – No Crackers** **Puree: Strained Navy Bean Soup**
- 3 oz. **Chicken Breast Cacciatore (Boneless and Unbreaded) (Made with Onion, Tomato, Green Pepper, & Sliced, Fresh Mushrooms) + 2 oz. Reduced Sodium Tomato Sauce (Please Send Extra Tomato Sauce Separately)** **Puree: Chicken Cacciatore**
- ½ c. **Seasoned Oven Roasted Golden Potato Wedges** **Puree: Mashed Potatoes**
- ½ c. **Zucchini, Tomato, Mushroom, Garlic & Basil Medley** **Puree: Zucchini, Tomato, Mushroom & Garlic Medley**
- ½ c. **Tossed Salad with 1 Tbsp. Diced Red Pepper + 1 Tbsp. Scallions – Salad Dressing**  
**Puree: Unsweetened Applesauce**
- 1 sl. **Italian Bread – Margarine**
- 1 ea. **Fresh Pear** **Puree: Canned Pears**
- 8 oz. **2% or Skim Milk**