

Somerset County Senior Center Menu - Week 4 Fall/Winter

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

- 6 oz. Reduced Sodium Corn Chowder – No Crackers **Puree: Strained Corn Chowder**
- 3 oz. Pot Roast + 2 oz. Reduced Sodium Brown Gravy (Please Send Extra Brown Gravy Separately) **Puree: Pot Roast with Brown Gravy**
- ½ c. Oven Roasted Potato Medley **Puree: Mashed Potatoes**
- ½ c. Sugar Snap Peas **Puree: Sugar Snap Peas**
- ½ c. Spinach Salad with 1 Tbsp. Diced Green Pepper + 2 ea. Cherry Tomatoes – Salad Dressing **Puree: Tomatoes**
- 1 ea. Whole Wheat Dinner Roll – Margarine
- 1 ea. Oatmeal Raisin Cookie/Sugar Free Cookies – Diabetic + Tuesday's Frozen Dessert **Puree: Sugar Free Plain Gelatin**
- 8 oz. 2% or Skim Milk

Tuesday

- 4 oz. Assorted Fruit Juices
- 3 oz. (100%) Beef Hamburger Patty + 1 sl. Red Onion + 1 Large Romaine Lettuce Leaf (Please Send Red Onion and Romaine Lettuce Separately) **Puree: Beef Patty/Mashed Butternut Squash**
- ½ c. Mixed Vegetables **Puree: Green Beans**
- ½ c. Coleslaw **Puree: Coleslaw**
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- 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

Wednesday

- 6 oz. Reduced Sodium Lentil Soup – No Crackers **Puree: Strained Lentil Soup**
- 3 oz. Center Cut Pork Roast + 2 oz. Reduced Sodium Wine Sauce (Please Send Extra Wine Sauce Separately) **Puree: Pork with Wine Sauce**
- ½ c. Black Eyed Peas **Puree: Mashed Sweet Potatoes**
- ½ c. Collard Greens **Puree: Spinach**
- ½ c. Tossed Salad with 1 Tbsp. Diced Green Pepper + 1 Tbsp. Diced Red Pepper – Salad Dressing **Puree: Cucumbers Remove Seeds**
- 1 sl. Whole Wheat Bread – Margarine
- 1 ea. Fresh Orange **Puree: Unsweetened Applesauce**
- 8 oz. 2% or Skim Milk

Thursday

- 4 oz. Assorted Fruit Juices
- 3 oz. Chicken Parmigiana (Boneless and Unbreaded) + 2 oz. Reduced Sodium Tomato Sauce + 1 oz. Reduced Fat Shredded Mozzarella Cheese (Please Send Extra Tomato Sauce Separately) **Puree: Chicken Parmigiana**
- ½ c. Whole Wheat Penne Pasta **Puree: Couscous**
- ½ c. Italian Blended Vegetables with Basil **Puree: Italian Blended Vegetables**
- ½ c. Tossed Salad with 2 sl. Cucumber + 2 ea. Cherry Tomatoes – Salad Dressing **Puree: Cucumbers Remove Seeds**
- 1 sl. Pumpnickel Bread – Margarine
- 1 ea. Fresh Pear **Puree: Canned Pears**
- 8 oz. 2% or Skim Milk

Friday

- 6 oz. Reduced Sodium Cream of Mushroom Soup – No Crackers **Puree: Strained Cream of Mushroom Soup**
- 4.2 oz. Lemon Pepper Alaskan Pollack + 1 Pkt. Tartar Sauce **Puree: Lemon Pepper Alaskan Pollack**
- ½ c. Diced Red Skinned Parsley Potatoes **Puree: Mashed Butternut Squash**
- ½ c. Carrot, Zucchini, Red Pepper & Green Pepper Medley **Puree: Broccoli Florets**
- ½ c. Spring Mix with 2 ea. Hearts of Palm + 1 Tbsp. Black, Sliced Olives – Salad Dressing **Puree: Tomatoes**
- 1 sl. Twelve Grain Bread – Margarine
- ½ c. Vanilla Pudding/Sugar Free Vanilla Pudding – Diabetic **Puree: Sugar Free Pudding**
- 8 oz. 2% or Skim Milk