

Somerset County Senior Center Menu - Week 5 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 6 oz. Reduced Sodium Escarole Bean Soup – No Crackers **Puree: Strained Escarole Bean Soup**
- 3 oz. Roast Turkey + 2 oz. Reduced Sodium Wine Sauce (Please Send Extra Wine Sauce Separately)
Puree: Turkey with Wine Sauce
- ½ c. Roasted Sweet Potatoes with Cinnamon & Diced Apples (Small Dice) **Puree: Mashed Sweet Potatoes**
- ½ c. Carrot Coins & Garden Peas **Puree: Green Beans**
- ½ c. Italian Green Bean Salad (Made with Green Beans, Onions, Reduced Sodium Italian Dressing, Diced Red Pepper & Oregano) **Puree: Tomatoes**
- 1 ea. Onion Roll – Margarine
- ½ c. Fresh Fruit Salad – No Grapefruit **Puree: Unsweetened Applesauce**
- 8 oz. 2% or Skim Milk

Tuesday

- 4 oz. Assorted Fruit Juices
- 6 oz. Eggplant Rollatini + 3 oz. Reduced Sodium Tomato Sauce (Please Send Extra Tomato Sauce Separately) **Puree: Roast Beef**
- ½ c. Whole Grain Rotini Pasta **Puree: Mashed Potatoes**
- ½ c. Broccoli Florets **Puree: Broccoli Florets**
- ½ c. Spring Mix with 1 Tbsp. Sliced, Black Olives + 2 sl. Cucumber – Salad Dressing
Puree: Cucumbers Remove Seeds
- 1 sl. Italian Bread – Margarine
- 1 ea. Fresh Orange **Puree: Sugar Free Pudding**
- 8 oz. 2% or Skim Milk

Wednesday

- 6 oz. Reduced Sodium Navy Bean Soup – Crackers **Puree: Strained Navy Bean Soup**
- 3 oz. Diced Chicken Breast + 2 oz. Reduced Sodium/Reduced Sugar Sweet and Sour Sauce (Please Send Extra Sweet and Sour Sauce Separately) **Puree: Sweet and Sour Chicken**
- ½ c. Brown Rice **Puree: Couscous**
- ½ c. Oriental Blended Vegetables **Puree: Oriental Blended Vegetables**
- ½ c. Salad Blend with 1 Tbsp. Dried Cranberries + 1 Tbsp. Diced Green Pepper + 2 ea. Cherry Tomatoes – Salad Dressing **Puree: Italian Green Bean Salad**
- 1 sl. Twelve Grain Bread – Margarine
- 1 ea. Fresh Apple **Puree: Unsweetened Applesauce**
- 8 oz. 2% or Skim Milk

Thursday

- 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. Sugar Snap Peas **Puree: Sugar Snap Peas**
- ½ c. Tossed Salad with 1 Tbsp. Diced Red Pepper + 1 Tbsp. Sliced, Green Olives – Salad Dressing
Puree: Tomatoes
- 1 sl. Twelve Grain Bread – Margarine
- ½ c. Fruited Yogurt/Sugar Free Ice Cream –Diabetics/MOW's Diabetic Dessert – Fresh Fruit
Puree: Sugar Free Ice Cream
- 8 oz. 2% or Skim Milk

Friday

- 6 oz. Reduced Sodium Minestrone Soup – Crackers (In a 6 oz. Portion Please Include ½ c. Beans/Pasta)
Puree: Strained Minestrone Soup
- 1 ea. Stuffed Cabbage + 3 oz. Reduced Sodium Tomato Sauce (Please Send Extra Tomato Sauce Separately)
Puree: Ground Beef with Tomato Sauce
- ½ c. Oven Roasted Potato Medley **Puree: Mashed Potatoes**
- ½ c. Italian Blended Vegetables **Puree: Italian Blended Vegetables**
- ½ c. Corn, Tomato & Onion Salad (25/25/25 Ratio of Corn, Tomato & Onion Salad) **Puree: Cucumbers Remove Seeds**
- 1 sl. Whole Wheat Bread – Margarine
- ½ c. Sugar Free Gelatin (For All) **Puree: Sugar Free Gelatin**
- 8 oz. 2% or Skim Milk