

Somerset County Senior Center Menu – Week 6 Fall/Winter

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

- 6 oz. **Reduced Sodium Carrot Ginger Soup – No Crackers** **Puree: Strained Carrot Ginger Soup**
- 3 oz. **Garlic Paprika Chicken Breast (Boneless and Unbreaded) + 2 oz. Reduced Sodium Roasted Garlic Sauce (Please Send Extra Roasted Garlic Sauce Separately)** **Puree: Garlic Paprika Chicken**
- ½ c. **Mashed Sweet Potatoes** **Puree: Mashed Sweet Potatoes**
- ½ c. **Asparagus Tips** **Puree: Asparagus Tips**
- ½ c. **Spinach Salad with 1 Tbsp. Dried Cranberries – Salad Dressing** **Puree: Cucumbers Remove Seeds**
- 1 sl. **Twelve Grain Bread – Margarine**
- 1 ea. **Fresh Apple + Tuesday's Frozen Dessert** **Puree: Unsweetened Applesauce**
- 8 oz. **2% or Skim Milk**

Tuesday

- 4 oz. **Assorted Fruit Juices**
- 3 oz. **Pork Chop (Boneless and Unbreaded) + 2 oz. Reduced Sodium/Reduced Sugar BBQ Sauce (Please Send Extra BBQ Sauce Separately)** **Puree: Pork Chop with BBQ Sauce**
- ½ c. **Diced Red Skinned Parsley Potatoes** **Puree: Mashed Potatoes**
- ½ c. **Corn & Red Pepper Medley** **Puree: Green Beans**
- ½ c. **Arugula with 1 Tbsp. Shredded Carrots + 2 sl. Cucumber – Salad Dressing** **Puree: Tomatoes**
- 1 sl. **Rye Bread – Margarine**
- ½ c. **Vanilla 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 Vegetable Soup – Crackers** **Puree: Strained Vegetable Soup**
- 3 oz. **Sliced Roast Beef + 2 oz. Reduced Sodium Onion Gravy (Please Send Extra Onion Gravy Separately)**
Puree: Roast Beef
- ½ c. **Egg Noodles** **Puree: Egg Noodles**
- ½ c. **Broccoli Florets, Carrots & Red Pepper Medley** **Puree: Broccoli Florets**
- ½ c. **Salad Blend with 1 Tbsp. Sliced, Green Olives + 2 ea. Cherry Tomatoes – Salad Dressing** **Puree: Tomatoes**
- 1 sl. **Whole Wheat Bread – Margarine**
- ½ c. **Five Spiced Apples** **Puree: Sugar Free Pudding**
- 8 oz. **2% or Skim Milk**

Thursday

- 4 oz. **Assorted Fruit Juices**
- 2 ea. **Reduced Fat Manicotti + 3 oz. Reduced Sodium Tomato Sauce (Please Send Extra Tomato Sauce Separately)** **Puree: Pot Roast/Mashed Sweet Potatoes**
- ½ c. **Zucchini, Tomato, Onion & Basil Medley** **Puree: Zucchini Remove Skin**
- ½ c. **Cucumber, Red Pepper & Onion Salad (25/25/25 Ratio of Cucumber, Red Pepper & Onion)**
Puree: Tomatoes
- 1 sl. **Italian Bread – Margarine**
- 1 ea. **Oatmeal Raisin Cookie/Sugar Free Cookies – Diabetic** **Puree: Sugar Free Plain Gelatin**
- 8 oz. **2% or Skim Milk**

Friday

- 6 oz. **Reduced Sodium Corn Chowder – No Crackers** **Puree: Strained Corn Chowder**
- 3 oz. **Roast Turkey + 1 pc. Cranberry Sauce + 2 oz. Reduced Sodium Turkey Gravy (Please Send Turkey Gravy Separately)** **Puree: Turkey with Gravy**
- ½ c. **Roasted Butternut Squash Cubes** **Puree: Mashed Butternut Squash**
- ½ c. **Mixed Vegetables** **Puree: Spinach**
- ½ c. **Spring Mix with 1 Tbsp. Sliced, Black Olives + 1 Tbsp. Scallions – Salad Dressing**
Puree: Cucumbers Remove Seeds
- 1 ea. **Whole Wheat Dinner Roll – Margarine**
- 1 ea. **Fresh Pear** **Puree: Canned Pears**
- 8 oz. **2% or Skim Milk**