



## What's On the Menu at Somerset County Senior Centers?

Senior centers operated by the Somerset County Office on Aging & Disability Services offer four lunch menus each day, Monday through Friday, featuring seasonal foods and dishes with and without meat, and a choice between hot or cold meals. Lunches are reduced in fat and sodium to help you adhere to healthy eating guidelines.

Below is a **SAMPLE** menu. If you would like to join us for lunch, we ask that you make reservations by **10 a.m.** on the business day prior to your visit. Contact the appropriate senior center to make a lunch reservation and to ask about menu choices.

*Please note: Lunch menus may change due to circumstances beyond our control.*

### **Sample Lunches with Meat:**

Stuffed Cabbage with Tomato Sauce  
Seasoned Roasted, Red Skinned Potato Wedges  
Garden Green Beans  
Sliced Tomato Salad with Mozzarella Cheese  
Italian Bread  
Oatmeal Raisin Cookie/Sugar Free Cookie  
Fruit Juice & 2% or Skim Milk

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Carrot Ginger Soup  
Pot Roast with Mushroom Gravy  
Oven Roasted Golden Potato Wedges  
Brussels Sprouts  
Mixed Greens with Shredded Carrots, Cucumbers & Artichoke Hearts  
Rye Bread  
Fresh Pear  
2% or Skim Milk

Hearty Vegetable Soup  
Center Cut Pork Roast in a Wine Sauce  
Black Eyed Peas  
Spinach  
Five Spiced Apples  
Corn Bread  
Ice Cream Sandwich/**Sugar Free Ice Cream**  
2% or Skim Milk

### **Sample Meatless Lunches**

Whole Grain Penne Pasta with Garlic, Escarole, Carrots, Mushrooms, Onion,  
Garbanzo Beans, Tomatoes & Parmesan Cheese  
Mixed Green Salad with Black Olives, Artichoke Hearts, Sliced Beets & Oregano  
Whole Wheat Bread  
Fresh Orange  
Fruit Juice & 2% or Skim Milk

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Malaysian Couscous Salad with Ginger-Spiced Tofu, Vegetable Medley,  
Water Chestnuts, Pine Nuts & Mango in a Rice-Vinegar Ginger Sauce  
Harvard Beets  
Rye Bread  
Fresh Blueberries  
Fruit Juice & 2% or Skim Milk

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Chana Masala (East Indian inspired dish made with Chick Peas, Onion, Garlic &  
Ginger)  
Vegetable Korma (Made with Cauliflower, Onion, Tomato, Garlic & Ginger)  
Saffron Rice  
Tomato Salad with a Creamy Yogurt Dressing (Raita)  
Italian Bread  
Fresh Apple  
Fruit Juice & 2% or Skim Milk

## **Sample Boxed Lunches with Meat**

Honey Mustard Chicken Breast with Lettuce & Tomato on a  
Kaiser Roll  
Beet Salad  
Fresh Banana  
Fruit Juice & 2% or Skim Milk

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Tuna Fish Sandwich with Lettuce & Tomato on a Soft Roll  
Bulgur & Spring Vegetable Salad  
Fresh Peach  
Fruit Juice & 2% or Skim Milk

## **Sample Meatless Boxed Lunches**

Roasted Zucchini, Portabella Mushrooms, Roasted Red Peppers &  
Onion with Hummus  
on a Portuguese Roll  
Oaxaca Bean Salad  
Fresh Peach  
Fruit Juice & 2% or Skim Milk

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Roasted Eggplant, Red Onion, Tomato & Artichoke Hearts with  
Muenster Cheese & a Sweet Onion Spread on  
Pumpnickel Bread  
Corn with Black Beans, Red & Green Pepper Salad  
Fresh Plum  
Fruit Juice & 2% or Skim Milk

*Bon Appetit!*

