



nutritious, fresh, creative cuisine

Adult Care Center of the NSV, Inc May 2017 Lunch Menu

Meals are catered by Fresco Kitchen, Chef Barbara Hine. Meals are low salt, with no added sugar. Gluten-free diets are accommodated. The Center will provide a sandwich as alternative to the scheduled meal if the participant chooses. Otherwise, families are welcome to bring something from home and staff will serve for the day's meal.

Mechanical soft or pureed diets are prepared according to the health care provider's orders (Licensing requirement). 'Thickened' meals are prepared per request of family, and/or health care provider's orders."

6/1

Salisbury Steak with Egg Noodles &
Mixed Veg
Melons
Milk/Water

6/2

Chicken Parmesan with Pasta Marinara
Sautéed Zucchini Rounds
Oranges
Milk/Water

6/5

Beef Stew with Rolls
Peaches
Milk/Water

6/6

Baked Breaded Fish with Mac & Cheese
Sautéed Asparagus tips
Pears
Milk/Water

6/7

Brunch
Berries
Milk/Water

6/8

Chicken & Dumplings with Peas
Oranges
Milk/Water

6/9

Pizza Day
Mixed Fruit
Milk/Water

6/12

Turkey Sandwich on Whole Wheat
Beets
Pears
Milk/Water

6/13

Tuna Noodle Casserole
Peaches
Water

6/14

Meatloaf
Mashed Potatoes
Green Beans
Bananas
Milk/water

6/15

Baked Lemon Dill Fish
Cheddar Potatoes
Asparagus
Mixed Fruit
Milk/Water

6/16

Egg Salad Sliders
Sweet Potato Fries
Berries
Milk/Water

6/19

Chicken Salad on Croissant
Beets
Melons
Milk/Water

6/20

Shepherd's Pie
Mixed Fruit
Milk/Water

6/21

Chili with Corn bread
Applesauce
Milk/Water

6/22

Lasagna
Garlic Bread
Oranges
Milk/Water

6/23

Chicken Alfred with Spinach
Pears
Milk/Water

6/26

Spaghetti with meat sauce
Garlic Bread
Mixed Fruit
Milk/Water

6/27

Chicken & Dumplings with Peas
Applesauce
Milk/Water

6/28

Baked Breaded Fish
Mac & Cheese
Zucchini Rounds
Bananas
Milk/Water

6/29

Turkey on Wheat
Sweet Potatoes
Watermelon
Milk/Water

6/30

ACC Pizza Day
Applesauce
Milk/Water