



nutritious, fresh, creative cuisine

Adult Care Center of the NSV, Inc October 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.

10/2

Cheeseburger Sliders
Sweet Potato Fries
Peaches
Milk/Water

10/3

Baked Ravioli
Oranges
Milk/Water

10/4

Beef Stew
Rolls
Bananas
Milk/Water

10/5

Brunch
Pineapple
Milk/Water

10/6

Chicken Parm
Pasta
Mixed Fruit
Milk/Water

10/9

Turkey Sandwich on Wheat
Beets
Oranges
Milk/Water

10/10

Chicken Tetrazzini
Peaches
Milk/Water

10/11

Meatloaf
Mashed Potatoes
Green Beans
Pears
Milk/Water

10/12

Franks & Beans
Applesauce
Water

10/13

ACC Pizza Day
Berries
Milk/ Water/ Juice

10/16

Chicken Salad on Croissant
Beets
Mixed Fruit
Milk/Water

10/17

Shepherd's Pie
Peaches
Milk/Water

10/18

Chili
Corn Bread
Bananas
Milk/Water

10/19

Grilled Ham & Cheese
Chips (we provide)
Applesauce
Milk/Water

10/20

Chicken Alfredo w/
Spinach
Peaches
Milk/Water

10/23

Spaghetti w/ Meatsauce
Garlic Bread
Applesauce
Milk/Water

10/24

Chicken & Dumplings with Peas
Mixed Fruit
Milk/Water

10/25

Baked Breaded Fish
Mac & Cheese
Zucchini Rounds
Milk/Water

10/26

Pork BBQ
Cole Slaw
Pineapple
Milk/Water

10/27

ACC Pizza Day
Applesauce
Milk/Water/ Lemonade

10/30

Chicken Divan Casserole
(chicken, broccoli, noodles in a cheddar cream sauce)
Milk/Water

10/31

Chicken Pot Pie
Berries
Milk/Water