



nutritious, fresh, creative cuisine

Adult Care Center of the NSV, Inc – November 2018 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.

11/1

**Beef Stew over Egg Noodles (1 no garlic)
Roll
Peaches
Milk/Water**

11/2

**Baked Ravioli (1 no seeds)
Mixed Fruit
Milk/Water**

11/5

**Turkey Sandwich on WW (1 no seeds)
Potato Salad
Oranges
Milk/Water**

11/6

**Brunch (1 no garlic)
Mixed Fruit
Milk/Water**

11/7

**Chicken Salad Sliders (1 no garlic)
Candied Carrots
Pears
Milk/Water**

11/8

**Chicken Noodle Soup (1 no garlic)
½ Peanut Butter and Jelly Sandwich
Cherry Mixed Fruit
Milk/Water**

11/9

**ACC Pizza Day
Berries
Milk/Water**

11/12

**Pork BBQ Sliders (1 no seeds)
Cole Slaw
Peaches
Milk/Water**

11/13

**Meatloaf (1 no garlic)
Mashed Potatoes
Mixed Veggies
Mixed Fruit
Water/Milk**

11/14

**Cheeseburger Sliders (1 no garlic)
Sweet Potato Fries
Bananas
Milk/Water**

11/15

Spaghetti (1 no garlic)
Garlic Bread
Cherry Mixed Fruit
Milk/Water

11/16

Chicken Salad Sliders (1 no seeds)
Macaroni Salad
Oranges
Milk/Water

11/19

Grilled Cheese (1 no seeds)
Tomato Soup
Applesauce
Milk/Water

11/20

Beans & Franks (1 no garlic)
Roll
Pears
Milk/Water

11/21

Shepherd's Pie (1 no garlic)
Mixed Vegetables
Peaches
Milk/Water

11/22

CLOSED
HAPPY
THANKSGIVING



11/23

CLOSED

11/26

Chili (1 no seeds)
Corn Bread
Berries
Milk/Water

11/27

Haluski (sautéed cabbage & noodles) (1 no garlic)
Mandarin Oranges
Milk/Water

11/28

Hot ham and cheese sliders (1 no garlic)
Sweet Potato Fries
Bananas
Milk/Water/Punch

11/29

Chicken & Dumplings (1 no garlic)
Peas
Berries
Milk/Water

11/30

Tuna Sandwich
Pasta Salad (1 no seeds)
Pineapple
Milk/Water