



*nutritious, fresh, creative cuisine*

## **Adult Care Center of the NSV, Inc – October 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.*

**10/1**

**Beef Stew over Egg Noodles  
Roll  
Peaches  
Milk/Water**

**10/2**

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

**10/3**

**Turkey Sandwich on WW (1 no garlic)  
Potato Salad  
Bananas  
Milk/Water**

**10/4**

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

**10/5**

**Chicken Salad Sliders (1 no seeds)  
Candied Carrots  
Oranges  
Milk/Water**

**10/8**

**Egg Salad Sandwich (1 no seeds)  
Mixed Vegetables  
Cherry Mixed Fruit  
Milk/Water**

**10/9**

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

**10/10**

**Pork BBQ Sliders (1 no garlic)  
Cole Slaw  
Oranges  
Milk/Water**

**10/11**

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

**10/12**

**ACC Pizza Day  
Berries  
Milk/Water**

**10/15**

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

**10/16**

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

**10/17**

Grilled Cheese (1 no garlic)  
Tomato Soup  
Bananas  
Milk/Water

**10/18**

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

**10/19**

Shepherd's Pie  
Mixed Vegetables  
Bananas  
Milk/Water

**10/22**

Ham Salad Sliders (1 no seeds)  
Macaroni Salad  
Applesauce  
Milk/ Water

**10/23**

Baked Fish (1 no garlic)  
Mac & Cheese  
Green Beans  
Pineapple  
Milk/Water

**10/24**

Tuna pasta salad (1 no garlic)  
Berries  
Milk/Water

**10/25**

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

**10/26**

ACC Pizza Day  
Pears  
Milk/Water/Punch

**10/29**

Chicken & Dumplings  
Peas  
Berries  
Milk/Water

**10/30**

Tuna Sandwich Pasta Salad  
Pineapple  
Milk/Water

**10/31**

Chili  
Corn Bread  
Pineapple  
Milk/Water