



*nutritious, fresh, creative cuisine*

## **Adult Care Center of the NSV, Inc – March 2019 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.*

**3/1**

**Chicken** Chili  
Roll  
**Mixed Fruit**  
**Milk** /Water

**3/4**

Baked Ravioli  
**Applesauce**  
**Milk** /Water

**3/5**

Baked Breaded Fish Mac & Cheese  
**Green Beans**  
**Bananas**  
**Milk** /Water

**3/6**

Brunch  
**Pears**  
**Milk** /Water

**3/7**

**Chicken Salad** Sliders  
**Candied Carrots**  
**Peaches**  
**Milk** /Water

**3/8**

ACC Pizza Day  
**Berries**  
**Milk** /Water

**3/11**

Cheeseburger Sliders  
**Sweet Potato Fries**  
**Peaches**  
**Milk** /Water

**3/12**

Pork BBQ Sliders  
Cole Slaw  
**Oranges**  
**Milk** /Water

**3/13**

Spaghetti Garlic Bread  
**Cherry Mixed Fruit**  
**Milk** /Water

**3/14**

Meatloaf  
Mashed Potatoes  
**Mixed Veggies**  
**Pears**  
Water/**Milk**

3/15

Chicken Noodle Soup

½ Peanut Butter and Jelly Sandwich

Cherry Mixed Fruit

Milk/Water

3/18

Chicken Salad Sliders

Macaroni Salad

Oranges

Milk /Water

3/19

Grilled Cheese

Tomato Soup

Applesauce

Milk /Water

3/20

Beans & Franks

Roll

Bananas

Milk /Water

3/21

Shepherd's Pie

Mixed Vegetables

Peaches

Milk /Water

3/22

ACC Pizza Day

Berries

Milk /Water

3/25

Turkey w/Gravy

Stuffing

Mixed Veggies

Pears

Milk /Water

3/26

Chili

Corn Bread

Peaches

Milk /Water

3/27

Haluski (sautéed cabbage & noodles)

Mandarin Oranges

Milk /Water

3/28

Chicken & Dumplings

Peas

Pears

Milk /Water

3/29

Ham Salad Sandwich

Cooked Carrots

Berries

Milk /Water

Vitamin A source

Vitamin C source