



nutritious, fresh, creative cuisine

Adult Care Center of the NSV, Inc – March 2020 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.

3/2

Brunch

Banana

Milk /Water

3/3

Beef Stew with vegetables

Fresh Diced Potatoes

Pears

Milk/Water

3/4

Fresh Vegetable Quiche

Local Sausage

Mixed Fruit

Milk /Water

3/5

Homemade Vegetable Soup

Roll

Peaches

Milk /Water

3/6

Hot Ham & Cheese Sliders

Roasted Sweet Potatoes

Homemade Applesauce with Local Apples

Milk /Water

3/7

Oven baked acorn squash with local sausage

Oranges

Milk /Water

3/10

Grilled Cheese

Tomato Soup

Pears

Milk/Water

3/11

Baked Ham

Roasted Sweet Potatoes

Green Beans

Peaches

Milk /Water

3/12

Tortellini alfredo with Fresh Broccoli

Homemade Applesauce with Local Apples

Milk /Water

3/13

ACC Pizza Day

Mixed Fruit

Milk /Water

3/16

Baked Fish

Mac & Cheese & Green Beans

Mixed Fruit

Milk /Water

3/17

Shepherd's Pie w/fresh veggies

Mixed Fruit

Milk /Water

3/18

Chicken Noodle Soup

½ Peanut Butter and Jelly Sandwich

Pears

Milk/Water

3/19

Cheeseburger Sliders

Beets

Peaches

Milk /Water

3/20

Pork BBQ Sliders

Baked Beans

Oranges

Milk /Water

3/23

Lasagna

Garlic Bread

Homemade Applesauce with Local Apples

Milk /Water

3/24

Stuffed Ham with shaved Brussels

Whipped Sweet Potatoes

Peaches

Milk /Water

3/25

Meatloaf

Mashed Potatoes

Green Beans

Roll

Berries

Water/ Milk

3/26

Chicken, Broccoli & Cheese Casserole

Homemade Applesauce with Local Apples

Milk /Water

3/27

ACC Pizza Day

Mixed Fruit

Milk /Water

3/30

Chicken Salad Sliders

Vegetable Medley

Pears

Milk/Water

3/31

Turkey w/ gravy

Stuffing

Green Beans

Oranges

Milk/Water

Vitamin A source

Vitamin C source