



nutritious, fresh, creative cuisine

Adult Care Center of the NSV, Inc – October 2020 Lunch Menu

Meals are catered by Fresco Kitchen, Chef Barbara Hinline. 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 with **vegetables**
Diced Potatoes
Oranges
Milk/Water

10/2

Fresh Vegetable Quiche
Sausage
Applesauce
Milk /Water

10/5

Homemade **Vegetable** Soup
Roll
Pears
Milk /Water

10/6

Pork Roast
Brussel Sprouts
Cantaloupe
Milk /Water

10/7

Tortellini alfredo with **Broccoli**
Cherry Mixed Fruit
Milk /Water

10/8

Stuffed Ham with shaved **Brussels**
Whipped **Sweet Potatoes**
Peaches
Milk /Water

10/9

ACC Pizza Day
Oranges
Milk/Water

10/12

Chicken Salad Sliders
Baby Red Potato Salad
Applesauce
Milk /Water

10/13

Oven baked **acorn squash** with sausage
Pears
Milk /Water

10/14

Shepherd's Pie
Fresh Vegetables
Berries
Milk /Water

10/15

Grilled Cheese

Tomato Soup

Mixed Fruit

Milk /Water

10/16

Ham Salad Sandwich

Fresh Glazed Carrots

Mixed Fruit

Milk /Water

10/19

Chicken Noodle Soup

½ Peanut Butter and Jelly Sandwich

Pears

Milk/Water

10/20

Cheeseburger Sliders

Oven Roasted Sweet Potatoes

Bananas

Milk/Water

10/21

Lasagna

Garlic Breadsticks

Applesauce

Milk /Water

10/22

Chicken Salad Sliders

Tomato Salad

Oranges

Milk /Water

10/23

ACC Pizza Day

Berries

Milk /Water

10/26

Chicken & Broccoli Bake

Carrots

Peaches

Milk /Water

10/27

Brunch

Pears

Milk/Water

10/28

Ham Salad Sliders

Green Beans

Berries

Milk/Water

10/29

Spaghetti with Zucchini Ribbons

Garlic Breadsticks

Oranges

Milk /Water

10/30

Turkey Sandwich on WW

Squash & Zucchini Medley

Mixed Fruit

Milk/Water

Vitamin A source

Vitamin C source