

## Adult Care Center of the NSV, Inc Snack Menu



\*An alternative snack is available upon request. Otherwise, families are welcome to bring something from home and staff will serve for the day's snack.\*

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>AM: Nutri Grain /Juice Diabetic: Same</p> <p>Lunch: Spaghetti with Meat Sauce Applesauce Milk /Water PM: Ice Cream/ Water Diabetic: SF Same</p>	<p>2</p> <p>AM: Toast/Juice Diabetic: SF Same</p> <p>Lunch: Mashed Potatoes, Broccoli, BBQ Pork Roast Pears Milk /Water PM: Chicken Salad on Crackers/Water Diabetic: Same</p>	<p>3</p> <p>AM: Peanut Butter Crackers /Juice Diabetic: Same</p> <p>Lunch: Oven Fried Chicken Mixed Vegetables Strawberry/Bananas Milk /Water PM: Apple Pie Bites /Water Diabetic: Same</p>	<p>4</p> <p>AM: Peaches/Juice Diabetic: SF Same</p> <p>Lunch: Minestrone Soup, Roll Pears Milk /Water PM: Tarts/Water Diabetic: Same</p>
<p>7</p> <p>AM: Pastry Crisp/Juice Diabetic: Same Lunch: Turkey Sandwich and Fresh Vegetables Peaches Milk /Water PM: Fruit Cup/Water Diabetic: Same</p>	<p>8</p> <p>AM: Peanut Butter Crackers/Juice Diabetic: Same</p> <p>Lunch: Pot Roast, Rolls Carrots Berries Milk /Water PM: Pudding cup /Water Diabetic: SF Same</p>	<p>9</p> <p>AM: Yogurt/Juice Diabetic: Same</p> <p>Lunch: Sliced Beef Brisket, Green Beans Baked Mac &amp; Cheese Oranges Milk /Water PM: Ice Cream/ Water Diabetic: SF Same</p>	<p>10</p> <p>AM: Apples with yogurt dip /Juice Diabetic: SF Same</p> <p>Lunch: Chili, Rolls Pears Milk /Water PM: Egg Salad sandwich / Water Diabetic: Same</p>	<p>11</p> <p>AM: Graham Crackers w/peanut butter /Juice Diabetic: Same</p> <p>Lunch: Garden Veggie Casserole with Biscuits Oranges Milk/Water PM: Yogurt/Water Diabetic: SF Same</p>
<p>14</p> <p>AM: Yogurt w/Cereal /Juice Diabetic: Same</p> <p>Lunch: Grilled Cheese Tomato Soup Mixed Fruit Milk /Water</p> <p>PM: Ice Cream &amp; Cupcake /Water Diabetic: Same</p>	<p>15</p> <p>AM: Graham Crackers w/peanut butter /Juice Diabetic: Same</p> <p>Lunch: Baked Chicken Mixed Vegetables Strawberry/Bananas Milk/Water</p> <p>PM: Cucumber and cream cheese sandwich /Water Diabetic: Same</p>	<p>16</p> <p>AM: Pastry Crisp/Juice Diabetic: Same</p> <p>Lunch: Chicken Noodle Soup ½ Peanut Butter and Jelly Sandwich Pears Milk/Water</p> <p>PM: Ice Cream/ Water Diabetic: SF Same</p>	<p>17</p> <p>AM: Oatmeal/Juice Diabetic: Same</p> <p>Lunch: Ham Salad Sandwich Carrots Mixed Fruit Milk /Water</p> <p>PM: Apple Pie Bites /Water Diabetic: Same</p>	<p>18</p> <p>AM: Pastry Crisp /Juice Diabetic: Same</p> <p>Lunch: Beef Stew with Crackers Mixed Fruit Milk/Water</p> <p>PM: Peanut Butter Shells/Water Diabetic: SF Same</p>

<p>21</p> <p>AM: Toast /Juice Diabetic: SF Same</p> <p>Lunch: Chicken Salad Sliders Tomato Salad Oranges Milk /Water</p> <p>PM: Pimento Cheese on Crackers/Water Diabetic: Same</p>	<p>22</p> <p>AM: Bananas &amp; Strawberries/Juice Diabetic: Same <b>Holiday Meal</b></p> <p>Lunch: Glazed Ham, Mashed Sweet Potato, Gravy, Cranberry Sauce Vegetables Apple Pie Milk /Juice</p> <p>PM: Ice Cream/Water Diabetic: SF Same</p>	<p>23</p> <p>AM: Apples with yogurt dip /Juice Diabetic: SF Same</p> <p>Lunch: ACC Pizza Day Berries Milk /Water</p> <p>PM: Egg Salad sandwich / Water Diabetic: Same</p>	<p>24</p> <p>CLOSED Happy Holidays</p>	<p>25</p> <p>CLOSED Happy Holidays</p>
<p>28</p> <p>AM: Fruit Cup/Juice Diabetic: Same</p> <p>Lunch: Hot Cakes, Eggs, Bacon Applesauce Milk /Water</p> <p>PM: Nutri Grain Bar/Water Diabetic: Same</p>	<p>29</p> <p>AM: Strawberries &amp; Bananas /Juice Diabetic: Same</p> <p>Lunch: Spaghetti with Meat Sauce Applesauce Milk /Water</p> <p>PM: Ice Cream/ Water Diabetic: SF Same</p>	<p>30</p> <p>AM: Apples with yogurt dip /Juice Diabetic: SF Same</p> <p>Lunch: Chili, Rolls Pears Milk /Water</p> <p>PM: Cucumber and cream cheese sandwich /Water Diabetic: Same</p>	<p>31</p> <p>AM: Apples with yogurt dip /Juice Diabetic: SF Same</p> <p>Lunch: Apple Cranberry Pork Loin/Blackeye Peas Mandarin Oranges Milk /Water</p> <p>PM: Egg Salad sandwich / Water Diabetic: Same</p>	

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.

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Vitamin A source

Vitamin C source