



Adult Care Center of the NSV, Inc – February 2021 Lunch Menu

Meals are catered by Water Street Kitchen. 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.

2/1

Chicken Salad on Brioche Bun
Mac & Cheese
Fruit Cup
Milk/Water

2/2

Spaghetti Bolognese
Garlic Bread
Applesauce
Milk /Water

2/3

Ham & Potato Au Gratin
Cottage Cheese with **Peaches**
Milk /Water

2/4

Roasted Turkey
Mashed **Potatoes**
Green Beans
Banana
Milk /Water

2/5

Cheeseburger
Roasted **Potato**
Applesauce
Milk /Water

2/8

Stuffed Peppers
Roasted **Potatoes**
Cottage Cheese w/**Fruit**
Milk /Water

2/9

Open -Faced Roast Sandwich
Mashed **Potatoes**
Mixed **Vegetables**
Applesauce
Milk /Water

2/10

Chicken & Dumplings
Broccoli
Oranges
Milk /Water

2/11

Lasagna
Roll
Pears
Milk /Water

2/12

Grilled **Cheese**
Salad
Tomato Soup
Banana
Milk/Water

2/15

Shepherd's Pie with

Vegetables

Mixed Fruit

Milk /Water

2/16

3 Cheese Quiche

Mixed Greens

Peaches

Milk /Water

2/17

Beef Goulash

Roll

Pears

Milk/Water

2/18

Beef Cabbage Rolls

Roll

Bananas

Milk/Water

2/19

Chicken Pot Pie

Salad

Applesauce

Milk /Water

2/22

Chicken Kiev with rice pilaf

Lima Beans

Oranges

Milk /Water

2/23

Pulled Pork Sandwich

Coleslaw

Peaches

Milk /Water

2/24

Hot Dogs w/

Baked Beans

Berries

Milk /Water

2/25

Stuffed Peppers

Roasted Potatoes

Applesauce

Milk/Water

2/26

Tri color Tortellini with Chicken & Marinara

Garlic Bread

Mixed Fruit

Milk/Water

Vitamin A source

Vitamin C source