



nutritious, fresh, creative cuisine

Adult Care Center of the NSV, Inc – February 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.

2/1

Chicken Chili (1 no seeds)

Roll

Mixed Fruit

Milk /Water

2/4

Baked Ravioli (1 no garlic, 1 no seeds)

Applesauce

Milk /Water

2/5

Baked Breaded Fish (1 no garlic)

Mac & Cheese

Green Beans

Bananas

Milk /Water

2/6

Brunch (1 no garlic)

Pears

Milk /Water

2/7

Chicken Salad Sliders (1 no garlic)

Candied Carrots

Peaches

Milk /Water

2/8

ACC Pizza Day

Berries

Milk /Water

2/11

Cheeseburger Sliders (1 no garlic, 1 no seeds)

Sweet Potato Fries

Peaches

Milk /Water

2/12

Pork BBQ Sliders (1 no garlic)

Cole Slaw

Oranges

Milk /Water

2/13

Spaghetti (1 no garlic)

Garlic Bread

Cherry Mixed Fruit

Milk /Water

2/14

Meatloaf (1 no garlic)

Mashed Potatoes

Mixed Veggies

Pears

Water/**Milk**

2/15

Chicken Noodle Soup (1 no seeds)
½ Peanut Butter and Jelly Sandwich
Cherry Mixed Fruit
Milk/Water

2/18

Chicken Salad Sliders (1 no garlic, 1 no seeds)
Macaroni Salad
Oranges
Milk /Water

2/19

Grilled Cheese (1 no garlic)
Tomato Soup
Applesauce
Milk /Water

2/20

Beans & Franks (1 no seeds)
Roll
Bananas
Milk /Water

2/21

Shepherd's Pie (1 no seeds)
Mixed Vegetables
Peaches
Milk /Water

2/22

ACC Pizza Day
Berries
Milk /Water

2/25

Turkey w/Gravy (1 no garlic, 1 no seeds)
Stuffing
Mixed Veggies
Pears
Milk /Water

2/26

Chili (1 no garlic)
Corn Bread
Peaches
Milk /Water

2/27

Haluski (sautéed cabbage & noodles) (1 no garlic)
Mandarin Oranges
Milk /Water

2/28

Chicken & Dumplings (1 no seeds)
Peas
Pears
Milk /Water

Vitamin A source

Vitamin C source