



nutritious, fresh, creative cuisine

Adult Care Center of the NSV, Inc – September 2019 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.

9/2

CLOSED
LABOR DAY

9/3

Egg Salad Sandwich
Local Beets
Homemade Applesauce with Local Apples
Milk /Water

9/4

Beans & Franks
Roll
Poached Pears
Milk /Water

9/5

Chicken Salad Sliders
Candied Carrots
Oranges
Milk /Water

9/6

Tortellini alfredo with Broccoli
Cherry Mixed Fruit
Milk /Water

9/9

Tuna Salad on wheat
Green Bean Salad
Oranges
Milk/Water

9/10

Pork BBQ sliders
Local Baby Red Potato Salad
Bananas
Milk /Water

9/11

Brunch
Poached Pears
Milk /Water

9/12

Grilled Cheese
Tomato Soup
Mixed Fruit
Milk /Water

9/13

ACC Pizza Day
Berries
Water/ Milk

9/16

Chicken Noodle Soup
½ Peanut Butter and Jelly Sandwich
Bananas
Milk/Water

9/17

Ham Salad Sandwich
Cooked Carrots
Mixed Fruit
Milk /Water

9/18

Cheeseburger Sliders
Sweet Potato Fries
Fresh Local Peaches
Milk /Water

9/19

Chicken Salad Sliders
Fresh Local Tomato Salad
Oranges
Milk /Water

9/20

Lasagna
Garlic Bread
Fresh Local Peaches
Milk /Water

9/23

Egg Salad Sliders
Local Beets
Berries
Milk /Water

9/24

Haluski
Fresh Local Peaches
Milk /Water

9/25

Spaghetti with Zucchini Ribbons
Garlic Bread
Oranges
Milk /Water

9/26

Turkey Sandwich on WW
Squash and Zucchini Medley
Poached Pears
Milk/Water

9/27

ACC Pizza Day
Berries
Water/ Milk

9/30

Ham Sandwich
Local Baby Red Potato Salad
Bananas
Milk/Water

Vitamin A source

Vitamin C source