



nutritious, fresh, creative cuisine

Adult Care Center of the NSV, Inc – October 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.

10/1

Beef Stew with **vegetables**
Fresh Diced Potatoes
Oranges
Milk/Water

10/2

Fresh Vegetable Quiche
Local Sausage
Bananas
Milk /Water

10/3

Homemade **Vegetable** Soup
Roll
Fresh Cantaloupe
Milk /Water

10/4

Pork Roast
Fresh Cooked Brussel Sprouts
Homemade Applesauce with Local Apples
Milk /Water

10/7

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

10/8

Meatloaf
Fresh Vegetable
Oranges
Milk/Water

10/9

Chicken Salad Sliders
Local Baby Red Potato Salad
Homemade Applesauce with Local Apples
Milk /Water

10/10

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

10/11

ACC Pizza Day
Berries
Water/**Milk**

10/14

Grilled Cheese
Tomato Soup
Mixed Fruit
Milk /Water

10/15

Ham Salad Sandwich

Glazed Carrots

Mixed Fruit

Milk /Water

10/16

Chicken Noodle Soup

½ Peanut Butter and Jelly Sandwich

Bananas

Milk/Water

10/17

Cheeseburger Sliders

Oven Roasted Sweet Potatoes

Peaches

Milk /Water

10/18

Chicken Salad Sliders

Fresh Local Tomato Salad

Oranges

Milk /Water

10/21

Lasagna

Garlic Bread

Peaches

Milk /Water

10/22

Egg Salad Sliders

Local Beets

Berries

Milk /Water

10/23

Haluski

Homemade Applesauce with Local Apples

Milk /Water

10/24

Spaghetti with Zucchini Ribbons

Garlic Bread

Oranges

Milk /Water

10/25

ACC Pizza Day

Berries

Water/ Milk

10/28

Turkey Sandwich on WW

Squash and Zucchini Medley

Pears

Milk/Water

10/29

Shepherd's Pie

Fresh Vegetables

Berries

Milk/Water

10/30

Stuffed Pepper Soup

Rolls

Bananas

Milk/Water

10/31

Hamburger Sliders

Cauliflower with cheese sauce

Mixed Fruit

Milk/Water

Vitamin A source

Vitamin C source