



nutritious, fresh, creative cuisine

Adult Care Center of the NSV, Inc – November 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.

11/1

Beef Stew with **vegetables**

Fresh Diced Potatoes

Oranges

Milk/Water

11/4

Fresh Vegetable Quiche

Local Sausage

Fresh Cantaloupe

Milk /Water

11/5

Homemade **Vegetable** Soup

Roll

Pears

Milk /Water

11/6

Turkey Salad Sliders

Roasted Sweet Potatoes

Homemade Applesauce with Local Apples

Milk /Water

11/7

Tortellini alfredo with **Broccoli**

Cherry Mixed Fruit

Milk /Water

11/8

ACC Pizza Day

Oranges

Milk/Water

11/11

Chicken Salad Sliders

Local Baby Red Potato Salad

Homemade Applesauce with Local Apples

Milk /Water

11/12

Oven baked **acorn squash** with local sausage

Pears

Milk /Water

11/13

Shepherd's Pie

Fresh Vegetables

Berries

Water/ **Milk**

11/14

Grilled Cheese

Tomato Soup

Mixed Fruit

Milk /Water

11/15

Meatloaf

Mashed Potatoes

Fresh Green Beans

Mixed Fruit

Milk /Water

11/18

Chicken Noodle Soup

½ Peanut Butter and Jelly Sandwich

Pears

Milk/Water

11/19

Cheeseburger Sliders

Oven Roasted Sweet Potatoes

Peaches

Milk /Water

11/20

Chicken Salad Sliders

Fresh Local Tomato Salad

Oranges

Milk /Water

11/21

Lasagna

Garlic Bread

Homemade Applesauce with Local Apples

Milk /Water

11/22

ACC Pizza Day

Berries

Milk /Water

11/25

Stuffed Ham with shaved Brussels

Whipped Sweet Potatoes

Peaches

Milk /Water

11/26

Spaghetti with Zucchini Ribbons

Garlic Bread

Oranges

Milk /Water

11/27

Ham Salad Sliders

Fresh Glazed Carrots

Berries

Water/ Milk

11/28

CLOSED

Happy Thanksgiving



Eat TONS and
take a nap.

11/29

CLOSED

Happy Thanksgiving

Vitamin A source

Vitamin C source