



*nutritious, fresh, creative cuisine*

## **Adult Care Center of the NSV, Inc – December 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.*

**12/2**

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

**12/3**

**Fresh Vegetable Quiche**  
Local Sausage  
**Fresh Cantaloupe**  
**Milk /Water**

**12/4**

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

**12/5**

Turkey Salad Sliders  
**Roasted Sweet Potatoes**  
**Homemade Applesauce with Local Apples**  
**Milk /Water**

**12/6**

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

**12/9**

Grilled Cheese  
**Tomato Soup**  
**Oranges**  
**Milk/Water**

**12/10**

Chicken ,**Broccoli** & Cheese Casserole  
**Homemade Applesauce with Local Apples**  
**Milk /Water**

**12/11**

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

**12/12**

Shepherd's Pie  
**Fresh Vegetables**  
**Berries**  
Water/**Milk**

**12/13**

ACC Pizza Day  
**Mixed Fruit**  
**Milk /Water**

12/16

Meatloaf

Mashed Potatoes

Fresh Green Beans

Mixed Fruit

Milk /Water

12/17

Chicken Noodle Soup

½ Peanut Butter and Jelly Sandwich

Fresh Pears

Milk/Water

12/18

Cheeseburger Sliders

Oven Roasted Sweet Potatoes

Peaches

Milk /Water

12/19

Chicken Salad Sliders

Fresh Local Tomato Salad

Oranges

Milk /Water

12/20

Lasagna

Garlic Bread

Homemade Applesauce with Local Apples

Milk /Water

12/23

Stuffed Ham with shaved Brussels

Whipped Sweet Potatoes

Peaches

Milk /Water

12/24

CLOSED

MERRY CHRISTMAS!

12/25

CLOSED

MERRY CHRISTMAS!

12/26

Ham Salad Sliders

Fresh Glazed Carrots

Berries

Water/Milk

12/27

ACC Pizza Day

Mixed Fruit

Milk /Water

12/30

Spaghetti with Zucchini Ribbons

Garlic Bread

Oranges

Milk /Water

12/31

Shepherd's Pie with fresh vegetables

Roll

Mixed Fruit

Milk/Water

Vitamin A source

Vitamin C source