



nutritious, fresh, creative cuisine

Adult Care Center of the NSV, Inc – January 2020 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.

1/1

CLOSED
HAPPY NEW YEAR

1/2

Beef Stew with vegetables
Fresh Diced Potatoes
Pears
Milk/Water

1/3

Fresh Vegetable Quiche
Local Sausage
Mixed Fruit
Milk /Water

1/6

Homemade Vegetable Soup
Roll
Pears
Milk /Water

1/7

Hot Ham & Cheese Sliders
Roasted Sweet Potatoes
Homemade Applesauce with Local Apples
Milk /Water

1/8

Tortellini alfredo with Fresh Broccoli
Cherry Mixed Fruit
Milk /Water

1/9

Grilled Cheese
Tomato Soup
Oranges
Milk/Water

1/10

ACC Pizza Day
Mixed Fruit
Milk /Water

1/13

Oven baked acorn squash with local sausage
Pears
Milk /Water

1/14

Shepherd's Pie with Fresh Vegetables
Roll
Berries
Water/ Milk

1/15

Baked Fish
Mac & Cheese & Green Beans
Mixed Fruit
Milk /Water

1/16

Meatloaf

Mashed Potatoes

Fresh Green Beans

Mixed Fruit

Milk /Water

1/17

Chicken Noodle Soup

½ Peanut Butter and Jelly Sandwich

Pears

Milk/Water

1/20

Cheeseburger Sliders

Oven Roasted Sweet Potatoes

Peaches

Milk /Water

1/21

Pork BBQ Sliders

Baked Beans

Oranges

Milk /Water

1/22

Lasagna

Garlic Bread

Homemade Applesauce with Local Apples

Milk /Water

1/23

Stuffed Ham with shaved Brussels

Whipped Sweet Potatoes

Peaches

Milk /Water

1/24

ACC Pizza Day

Mixed Fruit

Milk /Water

1/27

Chicken, Broccoli & Cheese Casserole

Homemade Applesauce with Local Apples

Milk /Water

1/28

Shredded Chicken Sliders

Fresh Glazed Carrots

Berries

Water/ Milk

1/29

Brunch

Mixed Fruit

Milk /Water

1/30

Spaghetti with Zucchini Ribbons

Garlic Bread

Oranges

Milk /Water

1/31

Chili

Corn Bread

Mixed Fruit

Milk/Water

Vitamin A source

Vitamin C source