



nutritious, fresh, creative cuisine

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

9/1

Egg Salad Sandwich

Beets

Mixed Fruit

Milk /Water

9/2

Beef Stew with vegetables & Potatoes

Roll

Applesauce

Milk /Water

9/3

BBQ Sliders

Potato Salad

Oranges

Milk/Water

9/4

Fresh Vegetable Quiche w/sausage

Roll

Pears

Milk /Water

9/7

CLOSED

LABOR DAY

9/8

Lasagna

Garlic Bread

Peaches

Milk /Water

9/9

Cheeseburger Sliders

Sweet Potato Fries

Banana

Milk /Water

9/10

Chicken & Broccoli Bake

Carrots

Cantaloupe

Milk/Water

9/11

ACC Pizza Day

Berries

Water/ Milk

9/14

Grilled Cheese

Tomato Soup

Mixed Fruit

Milk /Water

9/15

Chicken Noodle Soup

½ Peanut Butter and Jelly Sandwich

Peaches

Milk/Water

9/16

Ham Salad Sandwich

Cooked Carrots

Pears

Milk/Water

9/17

Chili

Corn Bread

Mixed Fruit

Milk/Water

9/18

Chicken Salad Sliders

Potato Salad

Oranges

Milk/Water

9/21

Tortellini alfredo with peas

Cherry Mixed Fruit

Milk/Water

9/22

Tuna Salad on wheat

Macaroni Salad

Mandarin Oranges

Milk/Water

9/23

Pasta salad with ham, peas, & carrots

Pears

Milk/Water

9/24

Brunch

Banana

Milk/Water

9/25

ACC Pizza Day

Berries

Water/Milk

9/28

Turkey Sandwich on WW

Cooked Carrots

Pears

Milk/Water

9/29

Chicken & Dumplings

Peas

Oranges

Milk/Water

9/30

Spaghetti with Zucchini Ribbons

Garlic Bread

Mixed Fruit

Milk/Water

Vitamin A source

Vitamin C source