



## Adult Care Center of the NSV, Inc – January 2021 Lunch Menu

Meals are catered by Water Street Kitchen. 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

1/4

Ravioli

Ham Salad Sandwich

Applesauce

Milk /Water

1/5

Turkey Sub

Cottage Cheese with Peaches

Macaroni Salad

Milk /Water

1/6

Ham & Cheese on Artisan Roll

Potato Salad

Banana

Milk /Water

1/7

PB&J

Tomato Soup

Applesauce

Milk /Water

1/8

Chicken Salad Sandwich

Macaroni or Potato Salad

Cottage Cheese w/Fruit

Milk /Water

1/11

Roast

Mashed Potatoes

Mixed Vegetables

Applesauce

Milk /Water

1/12

Chicken & Dumplings

Broccoli

Oranges

Milk /Water

1/13

Lasagna

Roll

Pears

Milk /Water

1/14

Grilled Cheese

Salad

Tomato Soup

Banana

Milk/Water

1/15

Shepherd's Pie with

Vegetables

Mixed Fruit

Milk /Water

1/18

3 Cheese Quiche

Mixed Greens

Peaches

Milk /Water

1/19

Beef Goulash

Roll

Pears

Milk/Water

1/20

Beef Cabbage Rolls

Roll

Bananas

Milk/Water

1/21

Chicken Pot Pie

Salad

Applesauce

Milk /Water

1/22

Chicken Kiev with rice pilaf

Lima Beans

Oranges

Milk /Water

1/25

Pulled Pork Sandwich

Coleslaw

Peaches

Milk /Water

1/26

Hot Dogs w/

Baked Beans

Berries

Milk /Water

1/27

Stuffed Peppers

Roasted Potatoes

Applesauce

Milk/Water

1/28

Tri color Tortellini with Chicken & Marinara

Garlic Bread

Mixed Fruit

Milk/Water

1/29

Sloppy Joe

Roasted Potatoes

Pears

Milk/Water

Vitamin A source

Vitamin C source