



Adult Care Center of the NSV, Inc – March 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.

3/1

Bacon, Lettuce, Tomato Sandwich
Mixed Greens
Fruit Cup
Milk/Water

3/2

Fish
Chips
Cottage Cheese with Peaches
Milk /Water

3/3

Meatloaf
Mashed Potatoes
Green Beans
Pears
Milk /Water

3/4

3 Quiche
Mixed Greens
Mandarin Oranges
Milk /Water

3/5

Beef Short Rib Ravioli
With Red Sauce
Applesauce
Milk /Water

3/8

Beef Stew
Roll
Cottage Cheese w/Fruit
Milk /Water

3/9

Fried Chicken
Mashed Potatoes
Collards
Applesauce
Milk /Water

3/10

Broiled Salmon
Cobb Salad
Banana
Milk /Water

3/11

Tuna Salad Sandwich
Roasted Potatoes
Pears
Milk /Water

3/12

Baked Beans w/
Bratwurst
Berries
Milk/Water

3/15

Beef & Barley
Roll

Mixed Fruit

Milk /Water

3/16

Cheeseburger
Roasted Potatoes

Fruit Cup

Milk /Water

3/17

Hot Ham & Cheese
Mashed Potatoes

Pears

Milk/Water

3/18

Stuffed Shells
Mixed Greens

Roll

Applesauce

Milk/Water

3/19

Broccoli & Chicken Casserole

Mixed Fruit

Milk /Water

3/22

South Dakota Hot Dish

Oranges

Milk /Water

3/23

Chicken Stroganoff

Peaches

Milk /Water

3/24

Chicken Dumplings

Berries

Milk /Water

3/25

Roasted Pork Loin

Stewed Apples & Potatoes

Oranges

Milk/Water

3/26

Pot Roast Hash

Roll

Banana

Milk/Water

3/29

Salmon Cake

Mixed Berry Salad

Cherry Mixed Fruit

Milk/Water

3/30

Spaghetti & Meatballs in

Marinara sauce

Mixed Fruit

Milk/Water

3/31

Gratin Potatoes w/

Country Ham

Peaches

Milk/Water

Vitamin A source

Vitamin C source