



Adult Care Center of the NSV, Inc – May 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.

5/3

Quiche
Roasted Potatoes
Fruit Cup
Milk/Water

5/4

Turkey Melt
Broccoli
Bananas
Milk /Water

5/5

Cheeseburger
Roasted Potatoes
Cottage Cheese with Peaches
Milk /Water

5/6

Tuna Salad on Rye
Mixed Greens
Cantalope
Milk /Water

5/7

Fried Chicken
Mashed Potatoes
Green Beans
Applesauce
Milk /Water

5/10

Pan Roasted Salmon
Rice Pilaf
Lima Beans
Cottage Cheese w/Fruit
Milk /Water

5/11

Grilled Cheese
Tomato Soup
Watermelon
Milk /Water

5/12

Meatloaf
Mashed Potatoes
Green Beans
Mandarin Oranges
Milk /Water

5/13

Egg Salad Sandwich
Mixed Greens
Pears
Milk /Water

5/14

Grilled Chicken
Cobb Salad
Berries
Milk/Water

5/17

Pot Roast
Mashed Potatoes
Green Beans
Mixed Fruit
Milk /Water

5/18

Bacon, Lettuce, Tomato
Tater Tots
Fruit Cup
Milk /Water

5/19

Salmon Cakes
Mixed Greens
Pears
Milk/Water

5/20

Turkey Club
Roasted Potatoes
Applesauce
Milk/Water

5/21

Quiche
Mixed Greens
Mixed Fruit
Milk /Water

5/24

Chicken Fritters
Mac N Cheese
Fresh Fruit Salad
Milk /Water

Vitamin A source

Vitamin C source

5/25

Hot Dogs
Potato Salad
Peaches
Milk /Water

5/26

Chicken Salad
French Fries
Berries
Milk /Water

5/27

Lasagna
Garlic Toast
Oranges
Milk/Water

5/28

Hot Ham & Cheese
Tater Tots
Mixed Fruit
Milk/Water

5/31

CLOSED
Memorial Day