



Adult Care Center of the NSV, Inc – June 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.

6/1

Grilled **Chicken** Sandwich
Broccoli
Applesauce
Milk/Water

6/2

Quiche
Mixed Greens
Bananas
Milk /Water

6/3

Meatball Sub
Tater Tots
Cottage Cheese with **Peaches**
Milk /Water

6/4

Avocado Toast
Cucumber & Tomato Salad
Cantaloupe
Milk /Water

6/7

Chicken Cobb Salad
Applesauce
Milk /Water

6/8

Three Cheese **Omelet**
Roasted **Potatoes**
Cottage Cheese w/**Fruit**
Milk /Water

6/9

Turkey & Swiss
French Fries
Watermelon
Milk /Water

6/10

Grilled Salmon
Mashed **Potatoes**
Lima Beans
Mandarin Oranges
Milk /Water

6/11

Pulled Pork Sandwich
Tater Tots
Pears
Milk /Water

6/14

Grilled **Chicken** on a
Mixed Berry Salad
Peaches
Milk/Water

6/15

Chicken Fritters

Cole Slaw

Mixed Fruit

Milk /Water

6/16

Pork Chop

Potato Salad

Fruit Cup

Milk /Water

6/17

Egg Salad Sandwich

Tater Tots

Pears

Milk/Water

6/18

Grilled Cheese

Tomato Soup

Applesauce

Milk/Water

6/21

Chicken on a

Garden Salad

Mixed Fruit

Milk /Water

6/22

Cheeseburger

French Fries

Fresh Fruit Salad

Milk /Water

Vitamin A source

Vitamin C source

6/23

Meatloaf

Mashed Potatoes

Green Beans

Peaches

Milk /Water

6/24

Mac & Cheese with

Ham

Berries

Milk /Water

6/25

Pot Roast

Mashed Potatoes

Broccoli

Oranges

Milk/Water

6/28

Chicken on a

Wedge Salad

Mixed Fruit

Milk/Water

6/29

Salmon

Rice Pilaf

Mixed Veggies

Milk/Water

6/30

Steak & Cheese

Tater Tots

Milk/Water