



## Adult Care Center of the NSV, Inc – September 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 pre-packaged and unopened 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**

Quiche  
Roasted Potatoes  
Applesauce  
Milk/Water

**9/2**

Hamburger Steak w/ gravy  
Mashed Potatoes  
Pears  
Milk/Water

**9/3**

Baked Catfish  
Green Beans  
Corn Bread  
Pears  
Milk/Water

**9/6**

Closed

**9/7**

Egg Salad on Rye  
Tater Tots  
Bananas  
Milk/Water

**9/8**

Meatloaf  
Mashed Potatoes & Gravy  
Watermelon  
Milk/Water

**9/9**

Grilled Cheese  
Tomato Soup  
Cantaloupe  
Milk/Water

**9/10**

Salmon Mixed Berry Salad  
Mandarin Oranges  
Milk/Water

**9/13**

Bacon, Lettuce, Tomato  
Fries  
Pears  
Milk/Water

**9/14**

Chicken Fritters  
Lima Beans  
Peaches  
Milk/Water

9/15

Broccoli & Mac and Cheese

Bake

Mixed Fruit

Milk /Water

9/16

Cheeseburger

Fries

Fruit Cup

Milk /Water

9/17

Turkey & Swiss Sandwich

Tots

Cottage Cheese w/ fruit

Milk/Water

9/20

Cobb Salad w/ Chicken

Applesauce

Milk/Water

9/21

Baked Macaroni w/ Meat Sauce

Mixed Fruit

Milk /Water

9/22

Reuben Sandwich

Tater Tots

Fresh Fruit Salad

Milk /Water

9/23

Scrambled Eggs

Sausage, Bacon

Potatoes

Bananas

Milk /Water

9/24

Quiche

Roasted Potatoes

Berries

Milk /Water

9/27

Salmon

Green Beans

Potatoes

Oranges

Milk/Water

9/28

Grilled Cheese

Tots

Mixed Fruit

Milk/Water

9/29

Rachel Sandwich

Fries

Pears

Milk/Water

9/30

Spaghetti w/ Meat Sauce

Mixed Fruit Cup

Milk/Water

Vitamin A source

Vitamin C source