



Adult Care Center of the NSV, Inc – October 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.

10/1

CLOSED

10/4

Cheese Omelet

Roasted Potatoes

Applesauce

Milk/Water

10/5

Chicken Fritters

Green Beans

Pears

Milk/Water

10/6

Meatloaf

Mashed Potatoes & Gravy

Mixed Fruit Cup

Milk/Water

10/7

Grilled Cheese

Tomato Soup

Bananas

Milk /Water

10/8

Cobb Salad

Watermelon

Milk /Water

10/11

Egg Salad Sandwich

Fries

Cantaloupe

Milk /Water

10/12

Cheeseburger

Tots

Mandarin Oranges

Milk /Water

10/13

Fried Catfish

Cole Slaw

Pears

Milk /Water

10/14

Mac and Cheese

Baked Beans

Peaches

Milk/Water

10/15

Berry Salad

Mixed Fruit

Milk /Water

10/18

Turkey & Swiss Sandwich

Potato Salad

Fruit Cup

Milk /Water

10/19

Grilled Salmon

Roasted Potatoes

Cottage Cheese w/ fruit

Milk/Water

10/20

Quiche

Mixed Greens

Applesauce

Milk/Water

Breakfast Burrito

Roasted Potatoes

Mixed Fruit

Milk /Water

10/22

Reuben Sandwich

Fries

Fresh Fruit Salad

Milk /Water

10/25

Chicken Ceasar Salad

Bananas

Milk /Water

10/26

Cheeseburger

Tots

Berries

Milk /Water

10/27

Salmon Cake

Mixed Greens

Oranges

Milk/Water

10/28

Bacon, Lettuce, Tomato

Fries

Mixed Fruit

Milk/Water

10/29

Steak & Cheese

Broccoli

Pears

Milk/Water

Vitamin A source

Vitamin C source