



Adult Care Center of the NSV, Inc – December 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.

12/1

Club Sandwich
French Fries
Fruit
Milk/Water

12/2

Tuna Melt
Salad
Fruit
Milk/Water

12/3

Chicken Caesar Salad
Fruit
Milk/Water

12/6

BLT
French Fries Fruit
Milk/Water

12/7

Chicken Fritters
Green Beans
Fruit
Milk/Water

12/8

Grilled Cheese
Tomato Soup
Fruit
Milk/Water

12/9

Cobb Salad
Fruit
Milk/Water

12/10

Hamburger
Tater Tots
Fruit
Milk/Water

12/13

Turkey & Swiss
Mashed Potatoes
Fruit
Milk/Water

12/14

Lasagna
Fruit
Milk/Water

12/15

Baked Fish

Collards

Fruit

Milk /Water

12/16

Quiche

Salad

Fruit Cup

Milk /Water

12/17

Berry Salad

Fruit

Milk/Water

12/20

Breakfast Burrito

Tater Tots

Fruit

Milk/Water

12/21

Butternut Squash Bisque

½ Turkey Sandwich

Fruit

Milk /Water

12/22

Tuna Salad Sandwich

French Fries

Fruit

Milk /Water

12/23

CLOSED

Merry Christmas!

12/24

CLOSED

Merry Christmas!

12/27

Goulash

Noodles

Fruit

Milk /Water

12/28

Chicken Pot Pie

Fruit

Milk /Water

12/29

Egg Salad Sandwich

Tater Tots

Fruit

Milk/Water

12/30

Cheese Omelet

Potatoes

Fruit

Milk/Water

12/31

CLOSED

Happy New Year!

Vitamin A source

Vitamin C source