



Adult Care Center of the NSV, Inc – January 2022 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.

1/3

Club Sandwich

French Fries

Fruit

Milk/Water

1/4

Tuna Melt

Salad

Fruit

Milk/Water

1/5

Chicken Caesar Salad

Fruit

Milk/Water

1/6

BLT

French Fries

Fruit

Milk/Water

1/7

Grilled Cheese

Tomato Soup

Fruit

Milk/Water

1/10

Chicken Fritters

Potato Salad

Fruit

Milk/Water

1/11

Cobb Salad

Fruit

Milk/Water

1/12

Hamburger

Fries

Fruit

Milk/Water

1/13

Turkey & Swiss

Mashed Potatoes

Fruit

Milk/Water

1/14

Lasagna

Green Beans

Fruit

Milk/Water

1/17

Baked Fish

Collards

Fruit

Milk /Water

1/18

Tuna Salad Sandwich

French Fries

Fruit Cup

Milk /Water

1/19

Berry Salad

Fruit

Milk/Water

1/20

Pot Roast

Mashed Potatoes

Green Beans

Fruit

Milk/Water

1/21

Chicken Caesar Wrap

Fruit

Milk /Water

1/24

Quiche

Salad

Fruit

Milk /Water

1/25

Goulash

Noodles

Fruit

Milk /Water

1/26

Egg Salad Sandwich

Tater Tots

Fruit

Milk/Water

1/27

Cheeseburger

Tater Tots

Fruit

Milk/Water

1/28

Chicken Pot Pie

Fruit

Milk /Water

1/31

Chicken Salad Sandwich

Salad

Fruit

Milk/Water

Vitamin A source

Vitamin C source