

## Adult Care Center of the NSV, Inc – May 2022 Lunch Menu

Meals are ordered from Mom's Meals. 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.

5/2

Sausage Breakfast Skillet

Fruit Crisp

Milk/Water

5/3

Beef Goulash over

Pasta

Carrots

Orange

Milk/Water

5/4

Salisbury Steak

Mashed Potatoes w/ Gravy

Roll

Jello

Fruit

Milk/Water

5/5

Cheese Lasagna

Spiced Fruit Crisp

Roll

Milk/Water

5/6

Corn Chowder

Peaches with Cherries

Fudge Round

Milk/Water

5/9

Meatloaf

Mashed Potatoes w/ Gravy

Corn

Roll

Fruit

Milk/Water

5/10

Cheeseburger

Mixed Veggies

Orange

Milk/Water

5/11

Cheese Omelet

Ham

Spiced Fruit

Orange Juice

Roll

Milk/Water

5/12

BBQ Chicken

Potato Medley

Veggies

Applesauce

Milk/Water

5/13

Mushroom Risotto

Peas & Carrots

Roll

Fruit

Milk/Water/Juice

5/16

Beef Stew

Cookie

Orange

Milk /Water

5/17

Ham, Egg & Cheese Scramble

Bread & Peanut Butter

Orange

Milk/Water

5/18

Tuna Casserole

Jell-o

Fruit

Milk/Water

5/19

Pasta & Meatballs in Marinara

Green Beans

Roll

Fruit

Milk /Water

5/20

Chicken & Waffle

Peach Crisp

Fruit

Milk /Water/Juice

5/23

Turkey Sausage, Egg & Cheese

Biscuit

Spiced Fruit

Milk /Water/Juice

5/24

Beef Pepper Steak w/ Gravy

Pasta

Fruit Crisp

Milk/Water

5/25

Mac & Cheese

Veggies

Fruit Cup & Blueberry Applesauce

Milk/Water

5/26

BBQ Pork Rib

Seasoned Veggies

Roll

Fruit

Milk /Water/Juice

5/27

Pancakes

Eggs

Fruit Crisp

Milk/Water

5/30

CLOSED

Happy Memorial Day

5/31

Chicken w/ Sherry Sauce

Brown Rice

Seasoned Broccoli

Fruit Cup

Milk/Water

Vitamin A source

Vitamin C source