

Adult Care Center of the NSV, Inc – June 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.

6/1

Meatball Marinara Sandwich

Pineapple & Apple Crisp

Milk/Water

6/2

Biscuits & Sausage Gravy

Jell-o

Fruit

Milk/Water

6/3

Chicken Tikka Marsala

Brown Rice

Peas & Carrots

Fruit Cup

Pudding

Milk/Water

6/6

Turkey & Rice Soup

Brown Sugar Peaches

Jell-o

Pudding

Milk/Water

6/7

Swedish Meatballs over Pasta

Carrots

Roll

Fruit

Milk /Water

6/8

Waffle

Cheese Omelet

Cranberries & Apples

Fruit Cup

Milk /Water

6/9

Three Cheese Ravioli w/ garlic
basil butter sauce

Green Beans

Cookie

Fruit

Milk /Water

6/10

Creamy Mac & Cheese

Seasoned Veggies

Fruit Cup

Applesauce

Milk /Water

6/13

Lasagna

Spiced Fruit Crisp

Roll

Milk /Water

6/14

Chicken w/ Southwestern

Veggie Hash

Ranchero Sauce

Brown Rice

Fruit

Milk/Water/Juice

6/15

Whole Grain Pancakes

Sausage

Fruit Crisp

Orange Juice

Milk /Water

6/16

Vegetable Primavera

Pineapple & Apples

Dinner Roll

Fruit Cup

Milk/Water

6/17

Cheeseburger

Veggies

Fruit

Milk/Water

6/20

BBQ Pork Rib,
Roll

Veggies

Juice

Fruit

Milk /Water

6/21

Ham, Egg, & Cheese

Fruit

Bread & Peanut Butter

Milk /Water/Juice

6/22

Homestyle Meatloaf

Potatoes

Corn

Roll

Fruit

Milk /Water

6/23

Beef Stew

Fruit

Cookie

Milk/Water

6/24

Sweet & Sour Chicken Stir Fry

Rice

Juice

Cookie

Fruit

Milk/Water

6/27

Chicken Tortilla Soup

Cinnamon Apples

Cheesestick

Cranberry Nut Snack

Milk /Water/Juice

6/28

Turkey Sausage, Egg & Cheese
Stuffed Biscuit

Fruit

Milk/Water

6/29

Beef Pepper Steak w/ Gravy
Pasta

Fruit Crisp

Milk/Water

6/30

Chicken w/ Gravy

Potatoes

Veggies

Roll

Juice

Fruit Cup

Milk/Water