

Adult Care Center of the NSV, Inc – August 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 an 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.*

8/1

BBQ Chicken
Potato Medley
Veggies
Applesauce
Milk /Water

8/2

Cheeseburger
Mixed Veggies
Fruit
Milk /Water

8/3

Ham, Egg & Cheese Scramble
Bread & Peanut Butter
Orange
Milk/Water

8/4

Sandwich
Pasta Salad
Fruit
Cookie
Milk/Water

8/5

Cheese Lasagna
Spiced Fruit Crisp
Roll
Milk/Water

8/8

BBQ Pork Rib
Seasoned Veggies
Roll
Fruit
Milk /Water/Juice

8/9

3 Cheese Ravioli in Garlic Basil
Sauce
Seasoned Green Beans
Cookie
Fruit
Milk/Water/Juice

8/10

Salisbury Steak w/ Mushroom
Gravy
Potatoes
Veggies
Roll
Jell-o
Fruit
Milk /Water

8/11

Cheesy Chicken & Rice
Broccoli
Pudding
Fruit
Milk/Water

8/12

Vegetable Primavera
Pineapple & Apples
Roll & Butter
Milk/Water

8/15

Whole Grain Panacakes
Sausage
Cranberry Apple Crisp
Juice
Milk/Water

8/16

Chicken Patty w/ Gravy
Potatoes
Carrots
Fruit Cup
Milk/Water

8/17

Beef Pepper Steak w/ Gravy
Pasta
Fruit Crisp
Milk /Water

8/18

Meatball Sandwich
Pineapple & Apple Crisp
Jell-O
Milk/Water

8/19

Teriyaki Stir Fry
Brown Rice
Fruit
Cookie
Milk/Water

8/22

Chicken Tikka Masala
Peas & Carrots
Fruit
Pudding
Milk/Water

8/23

Waffle & Cheese Omelet
Cranberries & Apples
Milk/Water

8/24

Mushroom Risotto
Mixed Veggies
Roll
Fruit
Milk/Water

8/25

Beef Goulash over Pasta
Seasoned Veggies
Fruit
Milk /Water

8/26

Tuna Casserole
Cornbread
Fruit
Milk/Water

8/29

Pasta & Meatballs
Green Beans
Roll
Fruit
Milk/Water

8/30

Sandwich
Potato Salad
Fruit
Cookie
Milk/Water

8/31

Chicken & Waffle
Peach Crisp
Fruit
Milk /Water/Juice