

Adult Care Center of the NSV, Inc – September 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.*

9/1

BBQ Chicken
Potato Medley
Veggies
Applesauce
Milk /Water

9/2

Cheeseburger
Mixed Veggies
Fruit
Milk /Water

9/5

Closed
Labor Day

9/6

Cheesy Chicken & Rice
Broccoli
Pudding
Fruit
Milk/Water

9/7

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

9/8

Cheese Lasagna
Spiced Fruit Crisp
Roll
Milk/Water

9/9

French Toast & Cheese Omelet
Turkey Sausage
Jello
Fruit
Milk /Water/Juice

9/12

Whole Grain Panacakes
Sausage
Cranberry Apple Crisp
Juice
Milk/Water

9/13

Chicken w/Mushroom Gravy
Potatoes
Veggies
Bread & Butter
Fruit
Milk /Water

9/14

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

9/15

Sandwich
Potato Salad
Fruit
Milk/Water/ Juice

9/16

Chili Dog
Seasoned Veggies
Fruit Cup
Milk/Water

9/19

Korean Style Meatballs
Rice
Broccoli
Fruit Crisp
Milk /Water

9/20

Chicken Alfredo
Peas & Carrots
Fruit
Milk/Water

9/21

Rotini w/ Marinara
Scandinavian Veggie Blend
Roll & Butter
Fruit
Milk/Water

9/22

Cowboy Breakfast
Cranberry Apple Crisp
Fruit
Milk/Water

Vitamin A source

Vitamin C source

9/23

Macaroni & Cheese
Seasoned Veggies
Fruit Cup
Blueberry Applesauce
Milk/Water

9/26

Turkey & Rice Soup
Brown Sugar Peaches
Jello
Pudding
Fruit
Milk/Water

9/27

Sandwich
Macaroni Salad
Fruit
Milk /Water

9/28

Beef Goulash over Pasta
Seasoned Veggies
Fruit
Milk /Water

9/29

Chicken Tikka Masala
Peas & Carrots
Fruit
Pudding
Milk/Water

9/30

Beef Stew
Cornbread
Fruit
Cookie
Milk/Water