

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

11/1

Chicken Tortilla Soup

Cinnamon Apples

String Cheese (cut)

Fruit

Milk/Water

11/2

Beef Stew

Cornbread

Fruit

Cookie

Milk/Water

11/3

Cowboy Breakfast

Cranberry Apple Crisp

Fruit

Milk/Water

11/4

Tuna Casserole

Cornbread

Jell-o

Fruit

Milk/Water

11/7

Chicken Alfredo

Peas & Carrots

Fruit

Milk /Water

11/8

Meatball Marinara Sandwich

Pineapple & Apple Crisp

Fruit

Milk /Water

11/9

Three **Cheese** Ravioli in Garlic Basil

Butter Sauce

Green Beans

Fruit

Cookie

Milk/Water

11/10

Whole Grain Pancakes

Sausage

Fruit Crisp

Milk /Water/**Juice**

11/11

Homestyle Meatloaf

Potatoes

Veggies

Bread & Butter

Fruit

Milk /Water

11/14

Cheese Lasagna

Spiced **Fruit** Crisp

Roll

Milk/Water

11/15

Sweet N' Sour Chicken

Stir Fry Veggies & Rice

Fruit

Milk /Water

11/16

Cheeseburger

Seasoned Mixed Veggies

Fruit

Milk/Water

11/17

Sandwich

Potato Salad

Cookie

Fruit

Milk /Water

11/18

Rotini w/ Marinara

Scandinavian Veggie Blend

Roll & Butter

Fruit

Milk/Water

11/21

Macaroni & Cheese

Seasoned Veggies

Fruit Cup

Blueberry Applesauce

Milk/Water

11/22

Salisbury Steak w/ Mushroom Gravy

Potatoes

Veggies

Roll

Jell-o

Fruit

Milk /Water

11/23

BBQ Chicken

Potato Medley

Veggies

Applesauce

Milk /Water

11/24

CLOSED

Happy Thanksgiving

11/25

CLOSED

Happy Thanksgiving

11/28

Beef Goulash over Pasta

Seasoned Veggies

Fruit

Milk /Water

11/29

Chicken w/Southwestern Vegetable

Hash

Ranchero Sauce

Brown Rice

Fruit

Milk/Water

11/30

Cheese Omelet

French Toast

Turkey Sausage

Fruit

Milk/Water/Juice

Vitamin C source

Vitamin A source