

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

12/1

Cowboy Breakfast

Fruit

Milk/Water/Juice

12/2

Cheese Lasagna

Spiced Fruit Crisp

Roll

Milk/Water

12/5

Cheese Omelet

French Toast

Turkey Sausage

Fruit

Jello

Milk/Water/Juice

12/6

Chicken Alfredo

Peas & Carrots

Fruit

Milk/Water

12/7

Salisbury Steak w/ Mushroom Gravy

Potatoes

Veggies

Roll

Jell-o

Fruit

Milk/Water

12/8

Cheeseburger

Seasoned Mixed Veggies

Fruit

Milk/Water

12/9

Turkey & Rice Soup

Fruit

Jello

Pudding

Milk/Water

12/12

Korean Meatballs

Rice

Broccoli

Fruit

Milk/Water

12/13

Pork Stir Fry

Spiced Fruit

Roll and Butter

Milk/Water

12/14

Three Cheese Ravioli in Garlic Basil

Butter Sauce

Green Beans

Fruit

Cookie

Milk/Water

12/15

BBQ Chicken

Potato Medley

Veggies

Applesauce

Milk /Water

12/16

Tuna Casserole

Cornbread

Jell-o

Fruit

Milk/Water

12/19

Chicken w/ Black Pepper Sherry Sauce

Rice

Veggies

Fruit

Milk /Water

12/20

Cowboy Breakfast

Cranberry Apple Crisp

Fruit

Milk/Water

12/21

Beef Goulash over Pasta

Seasoned Veggies

Fruit

Milk /Water

12/22

Whole Grain Pancakes

Sausage

Fruit Crisp

Milk /Water/Juice

12/23

CLOSED

Merry Christmas

12/26

CLOSED

Merry Christmas

12/27

Beef Stew

Cornbread

Fruit

Cookie

Milk/Water

12/28

Cheesy Chicken & Rice

Broccoli

Pineapple & Apples

Fruit Cup

Chocolate Pudding

Milk/Water

12/29

Macaroni & Cheese

Seasoned Veggies

Fruit Cup

Blueberry Applesauce

12/30

Beef Pepper Steak with Gravy

Penne Pasta

Fruit Cup

Milk/Water

Vitamin C source

Vitamin A source