

Adult Care Center of the NSV, Inc – January 2023 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.*

1/2

CLOSED

Happy New Year!

1/3

Homestyle Meatloaf

Potatoes

Veggies

Bread & Butter

Fruit

Milk /Water

1/4

Chicken & Waffle

Peach Crisp

Fruit

Milk /Water/Juice

1/5

Cheese Lasagna

Spiced Fruit Crisp

Roll

Milk/Water

1/6

Ham, Egg & Cheese Scramble

Bread & Peanut Butter

Orange

Milk/Water

1/9

Three Cheese Ravioli in Garlic Basil

Butter Sauce

Green Beans

Fruit

Cookie

Milk/Water

1/10

Chicken w/ Black Pepper Sherry

Sauce

Rice

Veggies

Fruit

Milk /Water

1/11

Beef Goulash over Pasta

Seasoned Veggies

Fruit

Milk /Water

1/12

Cheese Omelet

French Toast

Turkey Sausage

Fruit

Milk/Water/Juice

1/13

Sweet N' Sour Chicken

Stir Fry Veggies & Rice

Fruit

Milk /Water

1/16

Whole Grain Pancakes

Sausage

Fruit Crisp

Milk /Water/Juice

1/17

Salisbury Steak w/ Mushroom Gravy

Potatoes

Veggies

Roll

Jell-o

Fruit

Milk /Water

1/18

Chicken Patty w/ Gravy

Potatoes

Carrots

Fruit Cup

Milk /Water

1/19

Tuna Casserole

Cornbread

Jell-o

Fruit

Milk /Water

1/20

Beef Stew

Cornbread

Fruit

Cookie

Milk /Water

1/23

Cowboy Breakfast

Cranberry Apple Crisp

Fruit

Milk /Water

1/24

Cheesy Chicken & Rice

Broccoli

Pudding

Fruit

Milk /Water

1/25

Turkey & Rice Soup

Brown Sugar Peaches

Jello

Pudding

Fruit

Milk /Water

1/26

BBQ Chicken

Potato Medley

Veggies

Applesauce

Milk /Water

1/27

Swedish Meatballs over Pasta

Carrots

Roll

Fruit

Milk /Water

1/30

Meatball Marinara Sandwich

Pineapple & Apple Crisp

Milk /Water

1/31

Chicken Alfredo

Peas & Carrots

Fruit

Milk /Water

Vitamin C source

Vitamin A source