

Adult Care Center of the NSV, Inc – February 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.

2/1

Korean Style Meatballs

Rice

Broccoli

Fruit Crisp

Milk /Water

2/2

Cheese Lasagna

Spiced Fruit Crisp

Roll

Milk /Water

2/3

Chicken Tikka Masala

Peas & Carrots

Fruit

Pudding

Milk /Water

2/6

Three Cheese Ravioli in

Garlic Basil Butter Sauce

Green Beans

Fruit

Cookie

Milk /Water

2/7

Tuna Casserole

Cornbread

Jell-o

Fruit

Milk /Water

2/8

PB&J

Potato Salad

Fruit

Cookie

Milk /Water

2/9

Beef Goulash over Pasta

Seasoned Veggies

Fruit

Milk /Water

2/10

Cowboy Breakfast Skillet

Cranberry Apple Crisp

Fig Bar

Fruit Cup

Milk /Water

2/13

Beef Pepper Steak with Gravy

Penne Pasta

Fruit Cup

Milk /Water

2/14

Macaroni & Cheese

Seasoned Veggies

Fruit Cup

Blueberry Applesauce

Milk /Water

2/15

BBQ Chicken

Potato Medley

Veggies

Fruit

Milk /Water

2/16

Turkey Sandwich

Macaroni Salad

Fruit Cup

Milk/Water

2/17

Turkey & Rice Soup

Brown Sugar Peaches

Jello

Pudding

Fruit

Milk/Water

2/20

Chicken Alfredo

Peas & Carrots

Fruit

Milk/Water

2/21

Cheese Omelet

French Toast

Turkey Sausage

Fruit

Jello

Milk/Water/Juice

2/22

Swedish Meatballs over Pasta

Carrots

Roll

Fruit

Milk /Water

2/23

Salisbury Steak w/ Mushroom

Gravy

Potatoes

Veggies

Roll

Jell-o

Fruit

Milk /Water

2/24

Ham Sandwich

Pasta Salad

Fruit

Milk /Water

2/27

Chicken Stir Fry

Rice

Juice

Cookie

Fruit

Milk/Water

2/28

Cheeseburger

Veggies

Fruit

Milk/Water

Vitamin C source

Vitamin A source