

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

3/1

Vegetable Primavera
Pineapple & Apples
Roll & Butter
Milk /Water

3/2

Sweet N Sour Chicken
Stir Fry Veggies
Rice
Fruit
Cookie
Milk/Water/Juice

3/3

Whole Grain Pancakes
Sausage
Cranberry Apple Crisp
Fruit
Pudding
Milk/Water/Juice

3/6

Swedish Meatballs over Pasta
Carrots
Roll
Fruit
Cookie
Milk/Water

3/7

PB&J
Potato Salad
Fruit
Milk /Water

3/8

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

3/9

Cowboy Breakfast Skillet
Cranberry Apple Crisp
Fig Bar
Fruit
Milk /Water

3/10

Chicken w/ Gravy
Potatoes
Veggies
Roll & Butter
Fruit Cup
Milk /Water

3/13

Meatloaf
Potatoes
Veggies
Fruit Cup
Milk/Water

3/14

Chicken Tenders

Potatoes

Roasted Peppers & Onions

Creamed Corn

Fruit Cup

Milk /Water

3/15

Cheese Lasagna

Spiced Fruit Crisp

Roll

Fruit

Milk /Water

3/16

Beef Stew

Roll & Butter

Cookie

Fruit Cup

Milk/Water

3/17

Rotini Pasta with Marinara

Scandinavian Veggies

Roll & Butter

Fruit

Milk/Water

3/20

Korean Style Meatballs

Rice

Broccoli

Fruit Crisp

Fruit

Milk/Water

3/21

Chicken & Veggie Pot Pie

Cinnamon Apple Crisp

Roll & Butter

Fruit

Milk/Water/Juice

Vitamin C source

Vitamin A source

3/22

Beef Goulash over Pasta

Seasoned Veggies

Fruit

Milk /Water

3/23

Turkey Sandwich

Macaroni Salad

Cookie

Fruit

Milk /Water

3/24

Chicken Alfredo

Peas & Carrots

Fruit

Milk /Water

3/27

Cheesy Chicken & Rice

Broccoli

Pineapple & Apples

Fruit

Milk/Water

3/28

Beef Pepper Steak with Gravy

Penne Pasta

Fruit

Milk/Water

3/29

Peanut Butter & Jelly

Pasta Salad

Cookie

Fruit

Milk/Water

3/30

Meatball Marinara Sandwich

Pineapple & Apple Crisp

Fruit

Milk/Water

3/31

Pork Stir Fry over Rice

Fruit Medley

Roll & Butter

Milk/Water