

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

5/2

Salisbury Steak w/ Mushroom Gravy

Potatoes

Veggies

Roll

Jell-o

Watermelon

Milk/Water

5/3

Chicken & Veggie Pot Pie

Cinnamon Apple Crisp

Roll & Butter

Strawberries

Milk/Water/Juice

5/4

Pasta & Meatballs with Sauce

Seasoned Green Beans

Peaches

Milk/Water/Juice

5/5

CLOSED

5/8

Whole Grain Pancakes

Sausage

Cranberry Apple Crisp

Pears

Pudding

Milk/Water/Juice

5/9

Chicken Alfredo

Peas & Carrots

Cantaloupe

Milk/Water

5/10

Beef Pepper Steak with Gravy

Penne Pasta

Applesauce

Milk/Water

5/11

Swedish Meatballs over Pasta

Carrots

Roll

Strawberries & Blueberries

Cookie

Milk/Water

5/12

Turkey Sandwich

Potato Salad

Banana

Cookie

Milk/Water

5/15

Cheese Lasagna

Spiced Fruit Crisp

Roll

Watermelon

Milk/Water

5/16

Cheesy Chicken & Rice

Broccoli

Pineapple & Apples

Peaches

Milk/Water

5/17

Meatball Marinara Sandwich

Pineapple & Apple Crisp

Applesauce

Milk/Water

5/18

Pork Stir Fry over Rice

Fruit Medley

Roll & Butter

Strawberries

Milk/Water

5/19

Chicken Tenders

Potatoes

Roasted Peppers & Onions

Creamed Corn

Pears

Milk /Water

5/22

Ham Sandwich

Mac Salad

Jell-o

Bananas

Milk /Water

5/23

Cowboy Breakfast Skillet

Cranberry Apple Crisp

Fig Bar

Cantaloupe

Milk /Water

Vitamin C source

Vitamin A source

5/24

Sweet N Sour Chicken

Stir Fry Veggies

Rice

Strawberries & Blueberries

Cookie

Milk/Water/Juice

5/25

Meatloaf

Potatoes

Veggies

Pears

Milk/Water

5/26

PB&J Sandwich

Pasta Salad

Cookie

Mixed Fruit

Milk/Water

5/29

CLOSED

5/30

Chicken Salad Sandwich

Potato Salad

Pudding

Cantaloupe

Milk /Water

5/31

Beef Goulash over Pasta

Seasoned Veggies

Applesauce

Milk /Water

6/1

Cheese Lasagna

Spiced Fruit Crisp

Roll

Mixed Fruit

Milk /Water