

## Adult Care Center of the NSV, Inc – August 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.*

**8/1**

**Chicken** Alfredo  
Peas & Carrots  
**Fruit**  
**Milk** /Water

**8/2**

Rotini Pasta with Marinara  
Scandinavian **Veggies**  
Roll & Butter  
**Fruit**  
**Milk**/Water

**8/3**

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

**8/4**

Ham Patty  
**Cheesy** Potatoes  
Chocolate Pudding  
**Fruit**  
**Milk**/Water

**8/7**

Three **Cheese** Ravioli in  
Garlic Basil Butter Sauce  
Green Beans  
**Fruit**  
Cookie  
**Milk**/Water

**8/8**

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

**8/9**

Beef Pepper Steak with Gravy  
Penne Pasta  
**Applesauce**  
**Milk**/Water

**8/10**

Peanut Butter & Jelly  
Pasta Salad  
Cookie  
**Fruit**  
**Milk**/Water

**8/11**

**Cheesy Chicken** & Rice  
**Broccoli**  
**Pineapple & Apples**  
**Fruit**  
**Milk**/Water

**8/14**

**Cheese** Lasagna  
Spiced **Fruit** Crisp  
Roll  
**Fruit**  
**Milk** /Water

8/15

BBQ Chicken  
Potato Medley  
Veggies  
Fruit  
Milk /Water

8/16

Swedish Meatballs over Pasta  
Carrots  
Roll  
Fruit  
Cookie  
Milk/Water

8/17

Cheese Omelet  
French Toast  
Turkey Sausage  
Fruit  
Jello  
Milk/Water/Juice

8/18

Ham & Cheese Sandwich  
Potato Salad  
Fruit  
Cookie  
Milk/Water

8/21

Creamy Pasta Primavera w/Ham  
Cornbread  
Cookie  
Fruit  
Milk/Water

8/22

Chicken Tenders  
Potatoes  
Roasted Peppers & Onions  
Creamed Corn  
Fruit  
Milk /Water

Vitamin A source

Vitamin C source

8/23

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

8/24

Pasta & Meatballs with Sauce  
Seasoned Green Beans  
Peaches  
Milk/Water

8/25

Turkey & Cheese Sandwich  
Macaroni Salad  
Cookie  
Fruit  
Milk/Water

8/28

Chicken w/ Mushroom Gravy  
Brown Rice  
Seasoned Carrots  
Whole Wheat Bread  
Fruit  
Milk/Water

8/29

Beef Goulash over Pasta  
Seasoned Veggies  
Fruit  
Milk /Water

8/30

Chicken Parmesan over Pasta  
Seasoned Veggies  
Bread and Butter  
Fruit  
Milk /Water

8/31

Beef Goulash  
Veggies  
Fruit  
Milk /Water