

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

9/6

Turkey Sandwich
Pasta Salad
Cookie
Fruit
Milk /Water

9/7

Beef Pepper Steak with Gravy
Penne Pasta
Applesauce
Milk/Water

9/8

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

9/11

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

9/12

Peanut Butter & Jelly
Macaroni Salad
Cookie
Fruit
Milk/Water

9/13

Chicken Alfredo
Peas & Carrots
Fruit
Milk /Water

9/14

Cheesy Egg and Turkey
Scramble
Cranberry Rice Pudding
Bread and Peanut Butter
Fruit
Milk/Water

9/15

Beef Stew
Fruit
Cookie
Milk/Water

9/18

Swedish Meatballs over Pasta
Carrots
Roll
Fruit
Cookie
Milk/Water

9/19

Ham & Cheese Sandwich
Potato Salad
Fruit
Cookie
Milk/Water

9/20

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

9/21

Meatball Sandwich
Pineapple & Apple Crisp
Jell-O
Fruit
Milk/Water

9/22

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

9/25

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

9/26

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

9/27

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

9/28

Ham Patty
Cheesy Potatoes
Chocolate Pudding
Fruit
Milk/Water

9/29

CLOSED

Vitamin A source

Vitamin C source