

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

**11/1**

Swedish Meatballs over Pasta

**Carrots**

Roll

**Fruit**

**Milk /Water/Juice**

**11/2**

Three **Cheese** Ravioli in  
Garlic Basil Butter Sauce

Green Beans

**Milk/Water**

**11/3**

Whole Grain Pancakes

Sausage

**Cranberry Apple** Crisp

Pudding

**Fruit**

**Milk /Water**

**11/6**

**Chicken** w/ Mushroom Gravy

Brown Rice

Seasoned **Carrots**

Whole Wheat Bread

**Fruit**

**Milk/Water**

**11/7**

Turkey Sandwich

**Potato** Salad

Cookie

**Milk/Water/Juice**

**11/8**

Beef Goulash over Pasta

Seasoned **Veggies**

Cookie

**Fruit**

**Milk /Water**

**11/9**

Ham Patty

**Cheesy Potatoes**

Chocolate Pudding

**Fruit**

**Milk/Water**

**11/10**

**Cheesy Chicken** & Rice

**Broccoli**

**Pineapple & Apples**

**Fruit**

**Milk /Water/Juice**

**11/13**

French Toast & **Cheese Omelet**

Turkey Sausage

Jello

**Fruit**

**Milk/Water**

**11/14**

**Chicken** Salad Sandwich

Pasta Salad

Cookie

**Milk /Water**

11/15

Homestyle Meatloaf

Potatoes

Corn

Roll

Fruit

Milk/Water

11/16

Cowboy Breakfast Skillet

Cranberry Apple Crisp

Fig Bar

Fruit

Milk/Water

11/17

Sweet & Sour Chicken Stir Fry

Rice

Cookie

Fruit

Milk/Water

11/20

Beef Pepper Steak with Gravy

Penne Pasta

Applesauce

Fruit

Milk/Water

11/21

Peanut Butter & Jelly

Chicken Noodle Soup

Jell-O

Fruit

Milk/Water

11/22

Turkey with Gravy

Sweet Potatoes

Green Bean Casserole

Pumpkin/Apple Mini Pies

Roll

Milk/Water

11/23

CLOSED HAPPY

THANKSGIVING

11/24

CLOSED HAPPY

THANKSGIVING

11/27

Chicken Tenders

Potatoes

Roasted Peppers & Onions

Creamed Corn

Fruit

Milk/Water

11/28

Ham & Cheese Sandwich

Macaroni Salad

Fruit

Cookie

Milk/Water

11/29

Chicken Parmesan

Pasta

Seasoned Vegetables

Roll

Fruit

Milk/Water

11/30

Lasagna

Spiced Fruit Crisp

Roll

Jell-O

Fruit

Milk/Water

Vitamin A source

Vitamin C source