

Adult Care Center of the NSV, Inc 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.*

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED Happy New Year!	2 Chicken Parmesan over Pasta Seasoned Vegetables Roll & Butter Fruit Milk/Water	3 Lasagna Spiced Fruit Crisp Roll Pudding Milk /Water	4 Salisbury Steak w/ Mushroom Gravy Potatoes Veggies Roll Fruit Milk/Water	5 Pasta & Meatballs with Marinara Seasoned Veggies Fruit Milk/Water
8 BBQ Chicken Potato Medley Veggies Fruit Milk /Water	9 Beef Pepper Steak over Pasta Roll Fruit Milk/Water	10 Three Cheese Ravioli in Garlic Basil Butter Sauce Green Beans Fruit Cookie Milk/Water	11 Cheese Omelet French Toast Sticks Fruit Milk /Water	12 Sweet N Sour Chicken Stir Fry Veggies Rice Fruit Cookie Milk/Water/Juice

<p>15</p> <p>Cowboy Breakfast Skillet Cranberry Apple Crisp Fig Bar Fruit Milk /Water</p>	<p>16</p> <p>Chicken Alfredo over Pasta Veggies Roll & Butter Fruit Milk/Water</p>	<p>17</p> <p>Swedish Meatballs over Pasta Carrots Roll Fruit Cookie Milk/Water</p>	<p>18</p> <p>Beef Goulash over Pasta Seasoned Veggies Cookie Fruit Milk /Water</p>	<p>19</p> <p>Chicken w/ Gravy Potatoes Seasoned Veggies Roll & Butter Fruit Milk/Water</p>
<p>22</p> <p>Salisbury Steak w/ Mushroom Gravy Potatoes Veggies Roll Jell-o Fruit Milk/Water</p>	<p>23</p> <p>Pasta & Meatballs with Marinara Seasoned Veggies Fruit Milk/Water</p>	<p>24</p> <p>Whole Grain Pancakes Sausage Cranberry Apple Crisp Fruit Pudding Milk/Water/Juice</p>	<p>25</p> <p>Chicken and Stir Fry Veggies with Teriyaki Sauce over Rice Fruit Milk/Water/Juice</p>	<p>26</p> <p>Cheesy Chicken & Rice Broccoli Pineapple & Apples Fruit Milk/Water</p>
<p>29</p> <p>Lasagna Spiced Fruit Crisp Roll Pudding Milk /Water</p>	<p>30</p> <p>Korean Meatballs Rice Broccoli Fruit Milk/Water</p>	<p>31</p> <p>Meatloaf Potatoes Veggies Fruit Milk /Water</p>	<p>1</p> <p>Ham Patty Cheesy Potatoes Chocolate Pudding Fruit Milk/Water</p>	<p>2</p> <p>Cowboy Breakfast Skillet Cranberry Apple Crisp Fig Bar Fruit Milk /Water</p>

Vitamin C Source

Vitamin A Source