

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 Ham Patty Cheesy Potatoes Chocolate Pudding Fruit Milk/Water	2 Cowboy Breakfast Skillet Cranberry Apple Crisp Fig Bar Fruit Milk /Water
5 Lasagna Spiced Fruit Crisp Roll Pudding Milk /Water	6 Chicken Alfredo over Pasta Veggies Roll & Butter Fruit Milk/Water	7 Three Cheese Ravioli in Garlic Basil Butter Sauce Green Beans Fruit Cookie Milk/Water	8 Salisbury Steak w/ Mushroom Gravy Potatoes Veggies Roll Fruit Milk/Water	9 Cheese Omelet French Toast Sticks Fruit Milk /Water

<p>12 Cheesy Chicken & Rice Broccoli Pineapple & Apples Fruit Milk/Water</p>	<p>13 Korean Meatballs Rice Broccoli Fruit Milk/Water</p>	<p>14 Pasta & Meatballs with Marinara Seasoned Veggies Fruit Milk/Water</p>	<p>15 Beef Pepper Steak over Pasta Roll Fruit Milk/Water</p>	<p>16 Sweet N Sour Chicken Stir Fry Veggies Rice Fruit Cookie Milk/Water/Juice</p>
<p>19 Whole Grain Pancakes Sausage Cranberry Apple Crisp Fruit Puttting Milk/Water/Juice</p>	<p>20 Meatloaf Potatoes Veggies Fruit Milk /Water</p>	<p>21 Chicken w/ Gravy Potatoes Seasoned Veggies Roll & Butter Fruit Milk/Water</p>	<p>22 Swedish Meatballs over Pasta Carrots Roll Fruit Cookie Milk/Water</p>	<p>23 Ham Patty Cheesy Potatoes Chocolate Puttting Fruit Milk/Water</p>
<p>26 BBQ Chicken Potato Medley Veggies Fruit Milk /Water</p>	<p>27 Three Cheese Ravioli in Garlic Basil Butter Sauce Green Beans Fruit Cookie Milk/Water</p>	<p>28 Chicken and Stir Fry Veggies with Teriyaki Sauce over Rice Fruit Milk/Water/Juice</p>	<p>29 Beef Goulash over Pasta Seasoned Veggies Cookie Fruit Milk /Water</p>	

Vitamin C Source

Vitamin A Source