

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 Pasta & Meatballs with Marinara Seasoned Veggies Fruit Milk/Water	2 Chicken Alfredo over Pasta Veggies Roll & Butter Fruit Milk/Water	3 Lasagna Spiced Fruit Crisp Roll Pudding Milk /Water	4 Chicken and Stir Fry Veggies with Teriyaki Sauce over Rice Fruit Milk/Water/Juice	5 Beef Pepper Steak over Pasta Roll Fruit Milk/Water
8 Omelet French Toast Fruit Pudding Milk/Water/Juice	9 Pork Stir Fry w/ Rice Fruit Medley Bread & Peanut Butter Milk /Water	10 Korean Meatballs Rice Broccoli Fruit Milk/Water	11 Meatloaf Potatoes Veggies Fruit Milk /Water	12 Chicken w/ Gravy Potatoes Seasoned Veggies Roll & Butter Fruit Milk/Water

<p>15</p> <p>Sweet N Sour Chicken Stir Fry Veggies Rice Fruit Cookie Milk/Water/Juice</p>	<p>16</p> <p>Pizza Garlic Breadsticks Fruit Milk/Water</p>	<p>17</p> <p>Chicken Parmesan over Pasta Seasoned Vegetables Roll & Butter Fruit Milk/Water</p>	<p>18</p> <p>Cowboy Breakfast Skillet Cranberry Apple Crisp Fig Bar Fruit Milk /Water</p>	<p>19</p> <p>Salisbury Steak w/ Mushroom Gravy Potatoes Veggies Roll Fruit Milk/Water</p>
<p>22</p> <p>Chicken and Stir Fry Veggies with Teriyaki Sauce over Rice Fruit Milk/Water/Juice</p>	<p>23</p> <p>Swedish Meatballs over Pasta Carrots Roll Fruit Cookie Milk/Water</p>	<p>24</p> <p>Cheesy Chicken & Rice Broccoli Pineapple & Apples Fruit Milk/Water</p>	<p>25</p> <p>Lasagna Spiced Fruit Crisp Roll Pudding Milk /Water</p>	<p>26</p> <p>Peanut Butter & Jelly Sandwich Pasta Salad Cookie Fruit Milk /Water</p>
<p>29</p> <p>Three Cheese Ravioli in Garlic Basil Butter Sauce Green Beans Fruit Cookie Milk/Water</p>	<p>30</p> <p>Whole Grain Pancakes Sausage Cranberry Apple Crisp Fruit Pudding Milk/Water/Juice</p>			

Vitamin C Source

Vitamin A Source