


## 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
<p><b>1</b></p> <p><b>Meatloaf</b> <b>Potatoes</b> <b>Veggies</b> <b>Fruit</b> <b>Milk /Water</b></p> <p>SS &amp; EM – Ch. Omelet w/ham</p>	<p><b>2</b></p> <p><b>Pancakes</b> <b>Sausage</b> <b>Apple Crisp</b> <b>Fruit</b> <b>Milk/Water</b></p> <p>SG- Alfredo</p>	<p><b>3</b></p> <p><b>Variety Fruit</b> <b>Milk/Water</b></p> <p>MR- Ham &amp; potatoes</p>	<p><b>4</b></p> <p style="text-align: center;">CLOSED Independence Day</p> 	<p><b>5</b></p> <p><b>Three Cheese Ravioli in Garlic Basil Butter Sauce</b> <b>Green Beans</b> <b>Fruit</b> <b>Cookie</b> <b>Milk/Water</b></p> <p>MR – Supreme Pizza EM &amp; SS – SS Chicken</p>
<p><b>8</b></p> <p><b>Ham Patty</b> <b>Cheesy Potatoes</b> <b>Chocolate Pudding</b> <b>Fruit</b> <b>Milk/Water</b></p> <p>EM &amp; SS – BBQ chicken</p>	<p><b>9</b></p> <p><b>Beef Goulash over Pasta</b> <b>Seasoned Veggies</b> <b>Jello</b> <b>Fruit</b> <b>Milk/Water</b></p>	<p><b>10</b></p> <p><b>Korean Meatballs</b> <b>Rice</b> <b>Broccoli</b> <b>Fruit</b> <b>Milk/Water</b></p> <p>MR -Ch. Parm</p>	<p><b>11</b></p> <p><b>Cowboy Breakfast Skillet</b> <b>Cranberry Apple Crisp</b> <b>Fig Bar</b> <b>Fruit</b> <b>Milk /Water</b></p> <p>EM &amp; SS – HEC scramble</p>	<p><b>12</b></p> <p><b>Salisbury Steak w/ Mushroom Gravy</b> <b>Potatoes</b> <b>Veggies</b> <b>Roll</b> <b>Fruit</b> <b>Milk/Water</b></p> <p>SS- Ch Chicken MR - Meatloaf</p>

<p>15</p> <p>Pork Stir Fry Rice Fruit Medley Bread and Peanut Butter Milk/Water</p> <p>EM – SS Chicken</p>	<p>16</p> <p>Sweet N Sour Chicken Stir Fry Veggies Rice Fruit Cookie Milk/Water/Juice</p>	<p>17</p> <p>Cheesy Chicken &amp; Rice Broccoli Pineapple &amp; Apples Fruit Milk/Water</p> <p>MR - Cheeseburger</p>	<p>18</p> <p>BBQ Chicken Potato Medley Veggies Fruit Milk /Water</p>	<p>19</p> <p>Pasta &amp; Meatballs with Marinara Seasoned Veggies Fruit Milk/Water</p> <p>SS, EM, EC -Rotini MR- French Toast</p>
<p>22</p> <p>Chicken Tender Potatoes w/ Roasted Peppers &amp; Onions, Smokehouse Creamed Corn Fruit Milk/Water</p> <p>SS – ch chicken &amp; rice</p>	<p>23</p> <p>Omelet French Toast Sausage Fruit Pudding Milk/Water/Juice</p> <p>Steve – S&amp;S Chicken</p>	<p>24</p> <p>Chicken Teriyaki Stir Fry White Rice Vegetables Fruit Milk/Water</p> <p>EM – S&amp;S chicken MR – Pork Roast</p>	<p>25</p> <p>Chicken Parmesan over Pasta Seasoned Vegetables Roll &amp; Butter Fruit Milk/Water</p>	<p>26</p> <p>Swedish Meatballs over Pasta Carrots Roll Fruit Cookie Milk/Water</p> <p>SS &amp; EC -Rotini MR - Pancake</p>
<p>29</p> <p>Beef Goulash over Pasta Seasoned Veggies Jello Fruit Milk/Water</p>	<p>30</p> <p>Beef Little Smokies Baked Beans Seasoned Vegetables Fruit Milk/Water</p> <p>MR – Ch. Pot Pie</p>	<p>31</p> <p>Lasagna Spiced Fruit Crisp Roll Pudding Milk/Water</p> <p>EM – Rotini</p>		

Vitamin C Source

Vitamin A Source