

## 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                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                           |                                                                                                                                     |                                                                                                                                                                    | <b>1</b><br><br><b>Salisbury Steak w/ Mushroom Gravy</b><br><b>Potatoes</b><br><b>Veggies</b><br><b>Roll</b><br><b>Fruit</b><br><b>Milk/Water</b><br><br>SS- Ch Chicken   | <b>2</b><br><br><b>Chicken Teriyaki Stir Fry</b><br><b>White Rice</b><br><b>Vegetables</b><br><b>Fruit</b><br><b>Milk/Water</b><br><br>EM – S&S chicken<br>MR – Pot Roast<br>EC – Teriyaki Chicken |
| <b>5</b><br><br><b>Beef Goulash over Pasta</b><br><b>Seasoned Veggies</b><br><b>Jello</b><br><b>Fruit</b><br><b>Milk/Water</b><br><br>SS – Rotini<br>MR – Chicken Pot Pie | <b>6</b><br><br><b>Beef Little Smokies</b><br><b>Baked Beans</b><br><b>Seasoned Vegetables</b><br><b>Fruit</b><br><b>Milk/Water</b> | <b>7</b><br><br><b>Cheesy Chicken &amp; Rice</b><br><b>Broccoli</b><br><b>Pineapple &amp; Apples</b><br><b>Fruit</b><br><b>Milk/Water</b><br><br>MR -Ch. Enchilada | <b>8</b><br><br><b>Chicken Parmesan over Pasta</b><br><b>Seasoned Vegetables</b><br><b>Roll &amp; Butter</b><br><b>Fruit</b><br><b>Milk/Water</b><br><br>SS – S&S Chicken | <b>9</b><br><br><b>Lasagna</b><br><b>Spiced Fruit Crisp</b><br><b>Roll</b><br><b>Pudding</b><br><b>Milk/Water</b><br><br>MR – BBQ Sandwich<br>SS&EM -Rotini                                        |

|                                                                                                                                                                                            |                                                                                                                                    |                                                                                                                                            |                                                                                                                     |                                                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>12</p> <p>Meatloaf<br/>Potatoes<br/>Veggies<br/>Fruit<br/>Milk /Water</p> <p>SS-BBQ chicken<br/>MR – Ch. Parm</p>                                                                       | <p>13</p> <p>BBQ Chicken<br/>Potato Medley<br/>Veggies<br/>Fruit<br/>Milk /Water</p>                                               | <p>14</p> <p>Swedish<br/>Meatballs over<br/>Pasta<br/>Carrots<br/>Roll<br/>Fruit<br/>Cookie<br/>Milk/Water</p> <p>MR - Cheeseburger</p>    | <p>15</p> <p>Pork Stir Fry<br/>Rice<br/>Fruit Medley<br/>Bread and<br/>Peanut Butter<br/>Milk/Water</p>             | <p>16</p> <p>Chicken Alfredo<br/>over Pasta<br/>Veggies<br/>Roll &amp; Butter<br/>Fruit<br/>Milk/Water</p> <p>SS, EC -Rotini<br/>MR- Ham &amp; Potatoes</p> |
| <p>19</p> <p>Ham Patty<br/>Cheesy Potatoes<br/>Chocolate<br/>Pudding<br/>Fruit<br/>Milk/Water</p> <p>MR- Pork Roast</p>                                                                    | <p>20</p> <p>Pancakes<br/>Sausage<br/>Apple Crisp<br/>Fruit<br/>Milk/Water</p> <p>SG – Beef Pepper Steak</p>                       | <p>21</p> <p>Beef Pepper<br/>Steak over<br/>Pasta<br/>Roll<br/>Fruit<br/>Milk/Water</p> <p>EM -Ch. &amp; Rice<br/>MR- Meatloaf</p>         | <p>22</p> <p>Cheesy Chicken &amp;<br/>Rice<br/>Broccoli<br/>Pineapple &amp;<br/>Apples<br/>Fruit<br/>Milk/Water</p> | <p>23</p> <p>Pasta &amp;<br/>Meatballs with<br/>Marinara<br/>Seasoned<br/>Veggies<br/>Fruit<br/>Milk/Water</p> <p>SS &amp; EC -Rotini<br/>MR - Pizza</p>    |
| <p>26</p> <p>Chicken Tender<br/>Potatoes w/<br/>Roasted Peppers<br/>&amp; Onions,<br/>Smokehouse<br/>Creamed Corn<br/>Fruit<br/>Milk/Water</p> <p>MR – Ch. Parm<br/>SS – Pork Stir Fry</p> | <p>27</p> <p>Three Cheese<br/>Ravioli in Garlic<br/>Basil Butter<br/>Sauce<br/>Green Beans<br/>Fruit<br/>Cookie<br/>Milk/Water</p> | <p>28</p> <p>Sweet N Sour<br/>Chicken<br/>Stir Fry Veggies<br/>Rice<br/>Fruit<br/>Cookie<br/>Milk/Water/Juice</p> <p>MR – French Toast</p> | <p>29</p> <p>Chicken Teriyaki<br/>Stir Fry<br/>White Rice<br/>Vegetables<br/>Fruit<br/>Milk/Water</p>               | <p>30</p> <p>Beef Goulash<br/>over Pasta<br/>Seasoned<br/>Veggies<br/>Jello<br/>Fruit<br/>Milk/Water</p> <p>SS – Rotini<br/>MR – Chicken Pot Pie</p>        |

Vitamin C Source

Vitamin A Source