

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	2	3	4
	Lasagna Spiced Fruit Crisp Roll Pudding Milk/Water	Pasta & Meatballs with Marinara Seasoned Veggies Fruit Milk/Water MR - Soup	Beef Goulash over Pasta Seasoned Veggies Jello Fruit Milk/Water SS- Rotini	Three Cheese Ravioli in Garlic Basil Butter Sauce Green Beans Fruit Cookie Milk/Water MR – Meatloaf SS&EM – Ham patty & potatoes
7	8	9	10	11
Salisbury Steak w/ Mushroom Gravy Potatoes Veggies Roll Fruit Milk/Water SS & SG – pork stir fry	White Bean & Ham Soup Cornbread Cookie Roll & Butter Fruit Milk/Water	Chicken Alfredo over Pasta Veggies Roll & Butter Fruit Milk/Water MR -Turkey & Stuffing	Cowboy Breakfast Skillet Cranberry Apple Crisp Fig Bar Fruit Milk /Water	Sweet N Sour Chicken Stir Fry Veggies Rice Fruit Cookie Milk/Water/Juice MR – Cheeseburger EM – Egg Scramble

<p>14</p> <p>Chicken w/Mushroom Gravy Potatoes Veggies Bread & Butter Fruit Milk /Water</p> <p>EM & SS – BBQ Chicken</p>	<p>15</p> <p>Meatloaf Potatoes Veggies Fruit Milk /Water</p> <p>SG -chicken w/gravy</p>	<p>16</p> <p>French Toast & Cheese Omelet Turkey Sausage Jello Fruit Milk/Water</p> <p>MR - Cheeseburger</p>	<p>17</p> <p>Pork Stir Fry Rice Fruit Medley Bread and Peanut Butter Milk/Water</p>	<p>18</p> <p>Chicken Teriyaki Stir Fry White Rice Vegetables Fruit Milk/Water</p> <p>SS & EM -SS Chicken MR- Ham & Potatoes</p>
<p>21</p> <p>Beef Goulash over Pasta Seasoned Veggies Jello Fruit Milk/Water</p> <p>SS-Rotini</p>	<p>22</p> <p>Beef Pepper Steak over Pasta Roll Fruit Milk/Water</p>	<p>23</p> <p>Beef Little Smokies Baked Beans Seasoned Vegetables Fruit Milk/Water</p> <p>MR- Ch. Enchilada</p>	<p>24</p> <p>Sweet N Sour Chicken Stir Fry Veggies Rice Fruit Cookie Milk/Water</p> <p>SS -ch chicken & rice</p>	<p>25</p> <p>Chicken Tender Potatoes w/ Roasted Peppers & Onions, Smokehouse Creamed Corn Fruit Milk/Water</p> <p>SS & EM -BBQ chicken MR - Pizza</p>
<p>28</p> <p>Korean Meatballs over Rice Carrots Roll Fruit Cookie Milk/Water</p> <p>SS – Ch. Chicken</p>	<p>29</p> <p>PB& J Potato Salad Fruit Sugar Free Cookie Milk/Water</p>	<p>30</p> <p>Cheesy Chicken & Rice Broccoli Pineapple & Apples Fruit Milk/Water</p> <p>MR - Cheeseburger</p>	<p>31</p> <p>Cheeseburger Seasoned Mixed Veggies Fruit Milk/Water</p> <p>SS – Chicken Tenders</p>	

Vitamin C Source

Vitamin A Source