

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 BBQ Chicken Potato Medley Veggies Fruit Milk /Water MR – Cheese Omelet
4 Meatloaf Potatoes Veggies Fruit Milk /Water SS– S&S Chicken	5 Beef Pepper Steak over Pasta Roll Fruit Milk/Water	6 Three Cheese Ravioli in Garlic Basil Butter Sauce Green Beans Fruit Cookie Milk/Water MR -Roasted Chicken	7 Cowboy Breakfast Skillet Cranberry Apple Crisp Fig Bar Fruit Milk /Water SS – Egg Scramble	8 Chicken Alfredo over Pasta Veggies Roll & Butter Fruit Milk/Water MR – Chicken Parm EM & SS – Pasta w/Pesto

<p>11</p> <p>Pork Stir Fry Rice Fruit Medley Bread and Peanut Butter Milk/Water</p> <p>SS – Chicken Teriyaki</p>	<p>12</p> <p>Beef Little Smokies Baked Beans Seasoned Vegetables Fruit Milk/Water</p>	<p>13</p> <p>Ham Patty Cheesy Potatoes Chocolate Pudding Fruit Milk/Water</p> <p>MR – Turkey EM - Rotini</p>	<p>14</p> <p>Cheesy Chicken & Rice Broccoli Pineapple & Apples Fruit Milk/Water</p> <p>SS – Teriyaki</p>	<p>15</p> <p>Sweet N Sour Chicken Stir Fry Veggies Rice Fruit Cookie Milk/Water</p> <p>EM -Goulash MR- Pork Roast</p>
<p>18</p> <p>Beef Goulash over Pasta Seasoned Veggies Jello Fruit Milk/Water</p> <p>SS-Rotini</p>	<p>19</p> <p>Lasagna Spiced Fruit Crisp Roll Pudding Milk/Water</p>	<p>20</p> <p>Swedish Meatballs over Pasta Carrots Roll Fruit Cookie Milk/Water</p> <p>MR- Ch. Pot Pie</p>	<p>21</p> <p>Chicken w/Mushroom Gravy Potatoes Veggies Bread & Butter Fruit Milk /Water</p>	<p>22</p> <p>Chicken Tender Potatoes w/ Roasted Peppers & Onions, Smokehouse Creamed Corn Fruit Milk/Water</p> <p>SS – S&S Chicken MR - Meatloaf</p>
<p>25</p> <p>Meatball Sandwich Pineapple Crisp Fruit Milk/Water</p> <p>SS -BBQ Chicken</p>	<p>26</p> <p>Salisbury Steak w/ Mushroom Gravy Potatoes Veggies Roll Fruit Milk/Water</p>	<p>27</p> <p>Turkey w/ Gravy</p> <p>MR – Roast Turkey</p>	<p>28</p> <p>CLOSED Happy Thanksgiving</p>	<p>29</p> <p>CLOSED Happy Thanksgiving</p>

Vitamin C Source

Vitamin A Source