

## Adult Care Center of the NSV, Inc Lunch Menu



2024

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>2</b></p> <p><b>Chicken</b>, Bacon, Ranch Pasta <b>Veggies</b> Bread &amp; Butter <b>Fruit</b> <b>Milk</b> /Water</p> <p>SS- cheesy egg scramble</p>	<p><b>3</b></p> <p>Whole Grain Pancakes Sausage <b>Cranberry Apple</b> Crisp <b>Fruit</b> Pudding <b>Milk/Water/Juice</b></p> <p>SG - Smokies</p>	<p><b>4</b></p> <p>Beef Little Smokies Baked Beans Seasoned <b>Vegetables</b> <b>Fruit</b> <b>Milk/Water</b></p> <p>MR – scrambled eggs</p>	<p><b>5</b></p> <p><b>Chicken</b> Teriyaki Stir Fry White Rice <b>Vegetables</b> <b>Fruit</b> <b>Milk</b>/Water</p>	<p><b>6</b></p> <p>Lasagna <b>Spiced Fruit</b> <b>Crisp</b> Roll Pudding <b>Milk</b>/Water</p> <p>MR – Roast Chicken SS-Cheesy chicken EM – Beef goulash</p>
<p><b>9</b></p> <p>Beef Goulash over Pasta Seasoned <b>Veggies</b> Jello <b>Fruit</b> <b>Milk</b>/Water</p> <p>SS– rotini</p>	<p><b>10</b></p> <p>Salisbury Steak w/ Mushroom Gravy <b>Potatoes</b> <b>Veggies</b> Roll <b>Fruit</b> <b>Milk</b>/Water</p>	<p><b>11</b></p> <p><b>Chicken</b> Tender <b>Potatoes</b> w/ <b>Roasted Peppers</b> &amp; Onions, Smokehouse Creamed Corn <b>Fruit</b> <b>Milk</b>/Water</p> <p>MR -chicken parm</p>	<p><b>12</b></p> <p>Ham Patty <b>Cheesy Potatoes</b> Chocolate Pudding <b>Fruit</b> <b>Milk</b>/Water</p>	<p><b>13</b></p> <p>Sweet N Sour <b>Chicken</b> Stir Fry Veggies Rice <b>Fruit</b> Cookie <b>Milk</b>/Water</p> <p>MR – French toast</p>

<p>16</p> <p>Pork Stir Fry Rice Fruit Medley Bread and Peanut Butter Milk/Water</p> <p>EM – beef goulash</p>	<p>17</p> <p>Hawaiian Style Stir fry Rice w/ Ham and Sweet Pineapple Fruit Milk/Water</p>	<p>18</p> <p>Chicken Alfredo over Pasta Veggies Roll &amp; Butter Fruit Milk/Water</p> <p>MR – pancakes</p>	<p>19</p> <p>Cheesy Chicken &amp; Rice Broccoli Pineapple &amp; Apples Fruit Milk/Water</p>	<p>20</p> <p>Pasta &amp; Meatballs with Marinara Seasoned Veggies Fruit Milk/Water</p> <p>SS - rotini MR- beef pot Roast</p>
<p>23</p> <p>Chicken Parmesan over Pasta Seasoned Vegetables Roll &amp; Butter Fruit Milk/Water</p> <p>SS- chicken teriyaki</p>	<p>24</p> <p>CLOSED Merry Christmas!</p>	<p>25</p> <p>CLOSED Merry Christmas!</p>	<p>26</p> <p>Beef Pepper Steak over Pasta Roll Fruit Milk/Water</p> <p>SS- chicken tender</p>	<p>27</p> <p>Beef Goulash over Pasta Seasoned Veggies Jello Fruit Milk/Water</p> <p>SS – rotini MR – cheese omelet</p>
<p>30</p> <p>Cowboy Breakfast Skillet Cranberry Apple Crisp Fig Bar Fruit Milk /Water</p> <p>SS -egg scramble SG-meatloaf</p>	<p>31</p> <p>Meatloaf Potatoes Veggies Cookie Fruit Milk /Water</p>	<p>1</p> <p>CLOSED</p>		

Vitamin C Source

Vitamin A Source