

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 |
|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 Hawaiian Style Stir fry Rice w/ Ham and Sweet Pineapple Fruit Milk/Water MR- Pureé | 3 Ravioli Seasoned Veggies Jello Fruit Milk/Water | 4 Cheesy Chicken & Rice Fruit Milk /Water MR – Pureé | 5 Beef Pepper Steak -8 Sweet N Sour Chicken - 2 Fruit Milk /Water SS – Ham Patty | 6 Chicken Alfredo Vegetables-6 Smokies -2 Pancakes -2 Meatloaf -3 Hawaiian -1 Fruit Roll Pudding Milk/Water MR – Pureé SS – S&S chicken |
| 9 Sweet & Sour Chicken Rice Roll & Butter Fruit Milk /Water MR- Pureé | 10 Salisbury Steak w/ Mushroom Gravy Potatoes Veggies Roll Fruit Milk/Water | 11 Little Smokies Baked Beans Veggies Fruit Milk/Water MR- Pureé | 12 Beef Goulash over Pasta Seasoned Veggies Jello Fruit Milk/Water SS- Ch chicken | 13 Pasta Primavera w/Ham & Vegetables Roll & Butter Fruit Milk/Water MR- Pureé SS-ch chicken |

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| <p>16</p> <p>Pasta & Meatballs Veggies Fruit Milk /Water</p> <p>SS – egg scramble MR- Pureé</p> | <p>17</p> <p>French Toast Turkey Sausage Berry Sauce Fruit Milk/Water</p> | <p>18</p> <p>Cowboy Breakfast Cranberry Crisp Fruit Pudding Milk/Water/Juice</p> <p>MR- Pureé</p> | <p>19</p> <p>Ham Patty Cheesy Potatoes Chocolate Pudding Fruit Milk/Water</p> | <p>20</p> <p>Beef Goulash over Pasta Seasoned Veggies Jello Fruit Milk/Water</p> <p>MR- Pureé SS -ch chicken</p> |
| <p>23</p> <p>Chicken, Bacon, Ranch Pasta Veggies Bread & Butter Fruit Milk /Water</p> <p>MR- Pureé</p> | <p>24</p> <p>Beef Pepper Steak w/Gravy Pasta Cookie Fruit Milk /Water</p> | <p>25</p> <p>Chicken Tender Potatoes w/ Roasted Peppers & Onions, Smokehouse Creamed Corn Fruit Milk/Water</p> <p>MR- Pureé</p> | <p>26</p> <p>Sweet & Sour Chicken w/ Stir Fry Veggies Rice Fruit Milk/Water</p> | <p>27</p> <p>French Toast Turkey Sausage Fruit Milk/Water</p> <p>SS -ham & egg scramble MR- Pureé</p> |
| <p>30</p> <p>Hawaiian Style Stir fry Rice w/ Ham and Sweet Pineapple Fruit Milk/Water</p> <p>MR- Pureé</p> | | | | |

Vitamin C Source

Vitamin A Source