

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 Cheese Ravioli Veggies Cookie Fruit Milk/Water SS- Mushroom Chicken MR- Pureé	2 Chicken Teriyaki Stir Fry Veggies Rice Fruit Milk/Water	3 Pasta & Meatballs Veggies Fruit Milk /Water SS- Hawaiian MR- Pureé
6 Coconut Ginger Chicken Rice Roll & Butter Fruit Milk /Water MR- Pureé	7 Salisbury Steak w/ Mushroom Gravy Potatoes Veggies Roll Fruit Milk/Water SS- Teriyaki chicken	8 Little Smokies Baked Beans Veggies Fruit Milk/Water SS- Ch chicken MR- Pureé	9 Chicken Alfredo Veggies Jello Fruit Milk/Water SS- creamy mushroom	10 Beef Goulash over Pasta Seasoned Veggies Jello Fruit Milk/Water SS- S&S Chicken MR- Pureé

13 Hawaiian Style Stir fry Rice w/ Ham and Sweet Pineapple Fruit Milk/Water MR- Pureé EM- Ch Ba Ranch	14 French Toast Turkey Sausage Berry Sauce Fruit Milk/Water SS – Ham Patty	15 Cheesy Chicken & Rice Cookie Roll & Butter Fruit Milk/Water MR- Pureé EM- Swedish Meatballs	16 Ham Patty Cheesy Potatoes Chocolate Pudding Fruit Milk/Water	17 Korean Meatballs Rice Veggies Fruit Milk/Water
20 Chicken, Bacon, Ranch Pasta Veggies Bread & Butter Fruit Milk/Water SS – Teriyaki Stir MR- Pureé	21 Beef Pepper Steak w/Gravy Pasta Cookie Fruit Milk/Water SS – Hawaiian	22 Creamy Chicken & Mushroom Casserole, Veggies Fruit Milk/Water MR- Pureé	23 Homestyle Meatloaf, Potatoes, Seasoned Veggies Fruit Milk/Water SS -S&S chicken	24 Whole Grain Pancakes, Sausage, Fruit Crisp Fruit Milk/Water SS&EM -ham & egg scramble MR- Pureé
27 General Tsos Chicken w/ Veggies & Rice Fruit Milk/Water MR – Pureé EM- BBQ chicken	28 Swedish Style Meatballs over Pasta Veggies Fruit Milk/Water SS -ch chicken	29 BBQ Chicken Mixed Veggies Potatoes Fruit Milk/Water MR – Pureé	30 Meatloaf Seasoned Veggies Potatoes Roll & Butter Fruit Milk/Water SS -bbq chicken	31 Cheese Ravioli Veggies Cookie Fruit Milk/Water SS- Mushroom Chicken MR- Pureé

Vitamin C Source

Vitamin A Source