

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
			<p>1 CLOSED HAPPY NEW YEAR!</p>	<p>2 Meatloaf Potatoes Veggies Jello Fruit Milk/Water MR- Pureé</p>
<p>5 Pancakes Sausage Fruit Milk/Water MR- Pureé EM & SS – S&S Chicken, Egg Scramble</p>	<p>6 Cheesy Chicken & Rice Cookie Roll & Butter Fruit Milk /Water</p>	<p>7 French Toast Turkey Sausage Berry Sauce Fruit Milk/Water SS – Ham Patty MR- Pureé EM- Swedish Meatballs</p>	<p>8 Ham Patty Cheesy Potatoes Chocolate Pudding Fruit Milk/Water SS- BBQ chicken</p>	<p>9 Korean Meatballs Rice Veggies Fruit Milk/Water MR- Pureé SS- ch chicken</p>

12	13	14	15	16
Chicken , Bacon, Ranch Pasta Veggies Bread & Butter Fruit Milk /Water SS – Teriyaki Stir MR- Pureé	Beef Pepper Steak w/Gravy Pasta Cookie Fruit Milk /Water SS – Hawaiian	Creamy Chicken & Mushroom Casserole, Veggies Fruit Milk/Water MR- Pureé	Homestyle Meatloaf, Potatoes, Seasoned Veggies Fruit Milk/Water SS -S&S chicken	Whole Grain Pancakes, Sausage, Fruit Crisp Fruit Milk/Water SS&EM -ham & egg scramble MR- Pureé
19	20	21	22	23
General Tsos Chicken w/ Veggies & Rice Fruit Milk/Water MR – Pureé EM & SS- BBQ chicken	Swedish Style Meatballs over Pasta Veggies Fruit Milk /Water SS -ch chicken	Cheese Omelet Ham Roll & Butter Fruit Milk /Water MR- Pureé	Salisbury Steak w/ Gravy & Rice Veggies Roll Fruit Milk/Water SS- white chicken chili	BBQ Chicken Mixed Veggies Potatoes Fruit Milk/Water MR – Pureé
26	27	28	29	30
Beef & Broccoli Brown Rice Roll & Butter Fruit Milk/Water MR – Pureé SS -BBQ chicken	Pasta & Meatballs w/ Marinara Mixed Veggies Roll & Butter Fruit Milk/Water SS – Hawaiian	Ham Patty Glazed Sweet Potatoes Creamed Corn Fruit Milk/Water	Little Smokies Baked Beans Veggies Fruit Milk/Water SS- Creamy chicken & mushroom	Chicken Alfredo Veggies Jello Fruit Milk/Water MR- Pureé SS- cheesy chicken

Vitamin C Source

Vitamin A Source