

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 Omelet Ham Roll & Butter Fruit Milk /Water MR- Pureé	2 Salisbury Steak w/ Gravy & Rice Veggies Roll Fruit Milk/Water SS- white chicken chili	3 Chicken , Bacon, Ranch Pasta Veggies Bread & Butter Fruit Milk /Water MR- Pureé
6 Pancakes Sausage Fruit Milk/Water MR- Pureé EM & SS – S&S Chicken, Egg Scramble	7 Cheesy Chicken & Rice Cookie Roll & Butter Fruit Milk /Water	8 French Toast Turkey Sausage Berry Sauce Fruit Milk/Water SS – Ham Patty MR- Pureé EM- Swedish Meatballs	9 Ham Patty Cheesy Potatoes Chocolate Pudding Fruit Milk/Water SS- BBQ chicken	10 Korean Meatballs Rice Veggies Fruit Milk/Water MR- Pureé SS- ch chicken

<p>13</p> <p>General Tsos Chicken w/ Veggies & Rice Fruit Milk/Water</p> <p>MR – Pureé</p>	<p>14</p> <p>Beef Pepper Steak w/Gravy Pasta Cookie Fruit Milk /Water</p> <p>SS – Hawaiian</p>	<p>15</p> <p>Creamy Chicken & Mushroom Casserole, Veggies Fruit Milk/Water</p> <p>MR- Pureé</p>	<p>16</p> <p>Homestyle Meatloaf, Potatoes, Seasoned Veggies Fruit Milk/Water</p> <p>SS -S&S chicken</p>	<p>17</p> <p>Whole Grain Pancakes, Sausage, Fruit Crisp Fruit Milk/Water</p> <p>SS&EM -ham & egg scramble MR- Pureé</p>
<p>20</p> <p>Sweet & Sour Chicken w/ Veggies & Rice Fruit Milk/Water</p> <p>MR – Pureé</p>	<p>21</p> <p>Swedish Style Meatballs over Pasta Veggies Fruit Milk /Water</p> <p>SS -ch chicken</p>	<p>22</p> <p>Cheese Omelet Ham Roll & Butter Fruit Milk /Water</p> <p>MR- Pureé</p>	<p>23</p> <p>Chicken Alfredo with Pasta and Veggies Roll Fruit Milk/Water</p> <p>SS- white chicken chili</p>	<p>24</p> <p>BBQ Chicken Mixed Veggies Potatoes Fruit Milk/Water</p> <p>MR – Pureé</p>
<p>27</p> <p>Beef & Broccoli Brown Rice Roll & Butter Fruit Milk/Water</p> <p>MR – Pureé SS -BBQ chicken</p>	<p>28</p> <p>Pasta & Meatballs w/ Marinara Mixed Veggies Roll & Butter Fruit Milk/Water</p> <p>SS – General Tso’s</p>	<p>29</p> <p>Chicken Teriyaki Stir Fry, Veggies & Rice Fruit Milk/Water</p> <p>MR- Pureé</p>	<p>30</p> <p>Beef Goulash over Pasta Peas Roll & Butter Fruit Milk/Water</p> <p>SS- BBQ chicken</p>	

Vitamin C Source

Vitamin A Source