

**ADULT CARE CENTER OF ROANOKE VALLEY**  
**2321 Roanoke Boulevard, Salem Virginia**  
**Phone – 540-981-2350 Fax - 540-981-2353**

### **MARCH 2024 LUNCH MENU**

**NOTE: 1% MILK, WATER, TEA, COFFEE, AND WHOLE GRAIN BREAD are served with LUNCH DAILY**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				<b>3/1</b>
				<b>Pizza, cheese sticks, corn, poundcake, Milk &amp; Water</b>
<b>3/4</b>	<b>3/5</b>	<b>3/6</b>	<b>3/7</b>	<b>3/8</b>
<b>Broccoli and Cheddar soup, pineapple, WW rolls, Milk &amp; Water</b>	<b>Taco Mac and Cheese, Greek salad, mixed veggies, fruit, Milk &amp; Water</b>	<b>Easy Shepherd's Pie, green beans, WW biscuits, Milk, and Water</b>	<b>Muffin Tin Chicken pies, WW bread, green beans, Mixed fruit, Milk, &amp; Water</b>	<b>Easy homemade meatballs, peas, apricots, WW rolls, Milk, &amp; Water</b>
<b>3/11</b>	<b>3/12</b>	<b>3/13</b>	<b>3/14</b>	<b>3/15</b>
<b>Cheese Quesadillas, Flour Tortilla, corn, watermelon, Milk &amp; Water</b>	<b>Chicken fried rice, egg rolls, WW rolls, grapes, Milk, &amp; Water</b>	<b>Cheeseburger, WW buns, Bell peppers, mandarin oranges, Water &amp; Milk</b>	<b>Pizza, cheese sticks, corn, Plums, Milk, and Water</b>	<b>Fish fillet, coleslaw, Baked French fries, WW roll, Milk &amp; Water</b>

<b>3/18</b>	<b>3/19</b>	<b>3/20</b>	<b>3/21</b>	<b>3/22</b>
<b>Sloppy Joe casserole, sweet potatoes, tropical fruit, Milk, and Water</b>	<b>Sweet and sour chicken, corn, WW rice, Milk &amp; Water</b>	<b>Ravioli, broccoli, WW roll, blueberries, Milk &amp; Water</b>	<b>Club sandwiches, baked beans, Corn, Fruit cocktail, Milk &amp; Water</b>	<b>Spaghetti, salad with lite dressing, garlic bread, strawberries, Milk, and Water</b>
<b>3/25</b>	<b>3/26</b>	<b>3/27</b>	<b>3/28</b>	<b>3/29</b>
<b>Philly cheesesteak, bell peppers, grapes, Milk, and Water</b>	<b>Hawaiian Meatballs, grilled pineapple, green beans, cheesy rice, Milk, and Water</b>	<b>Taco mac and cheese, corn, oranges, Milk, and Water</b>	<b>Chicken pot pie, WW rolls, fruit cocktail, Milk, &amp; Water</b>	<b>Fried Chicken, Mashed Potatoes with brown gravy, broccoli, WW roll, NY crumb cake, Milk, and water</b>