

ADULT CARE CENTER OF ROANOKE VALLEY
 2321 Roanoke Boulevard, Salem Virginia 24153
 Phone – 540-981-2350 Fax - 540-981-2353

OCTOBER 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
10/03	10/04	10/05	10/06	10/07
Pizza Cheese Stick Tossed Salad W/ assorted dressings Pears	Meatloaf Mashed Potatoes Peas WG Rolls Mandarin Oranges	Soft Shell Beef Tacos w/Lettuce, Tomato & Sour Cream Corn, Refried Beans Applesauce	BBQ Beef Meatballs Broccoli Tater Tots Fruit Cocktail WGB	Baked Chicken Breast Scalloped Potatoes Green Beans Banana WG Rolls
10/10	10/11	10/12	10/13	10/14
Chili W/ Beans Corn Cornbread Yogurt	Turkey & Cheese Sandwich on WGB W/Lettuce, Tomato & Mayo Pasta Salad W/ tomato & cucumbers Peas	Pizza Cheese Stick Green Beans Mandarin Oranges	Sloppy Joe on Bun Cole Slaw Sweet Potato Fries Pears	Tomato Soup Grilled Cheese Sandwich on WGB Lima Beans Applesauce
10/17	10/18	10/19	10/20	10/21
Spaghetti W/ Meat Sauce Tossed Salad W/ assorted dressing Banana Garlic Bread	Pot Roast Potatoes & Carrots Rolls Yogurt	Chicken Noodle Soup Peanut Butter & Jelly Sandwich on WGB Carrots Mixed Fruit	Baked Chicken Breast Mashed Potatoes & Gravy Lima Beans Fruit Cocktail Rolls	Pizza Cheese Stick Green Beans Pears
10/24	10/25	10/26	10/27	10/28
Hot Dog on WG Bun W/ Chili Potato Salad Corn Pears	Chicken Patty Sandwich W/ Lettuce Tomato & Mayo on WG Bun Sweet Potato Fries Peas, Mixed Fruit	Pizza Cheese Stick Lima Beans Peaches	Potato Soup Ham & Cheese Sandwiches on WGB Corn Fruit Cocktail	Chicken Salad Sandwiches on WGB Macaroni Salad W/ Tomato & Cucumber Green Beans, Yogurt

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10/31				
Cheeseburger on WG Bun W/ lettuce Tomato & Mayo, Tatar Tots, Baked Beans Applesauce				