

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

DECEMBER

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

Monday	Tuesday	Wednesday	Thursday	Friday
			12/01	12/02
			Southern Meat Loaf Garlic & Herb Whipped Potatoes Green Beans Almandine Gravy Corn Muffins Fresh Fruit	Grilled Pork Tenderloin Rice Pilaf Baked Artichokes White Rolls Fresh Fruit
12/05	12/06	12/07	12/08	12/09
Chicken Pot Pie W/ Puff Pastry Broccoli Rice Pilaf Hawaiian Rolls Fresh Fruit	Ham & Swiss Quiche Whipped Potatoes Green Beans w/Lemon & Walnuts Corn Muffins Fresh Fruit	Herb Roasted Chicken Glazed Carrots Roasted Red Potatoes Pop Overs Fresh Fruit	Chicken W/ mushroom Cream Sauce Spiced Apples Basmati Rice Parker House Rolls Fresh Fruit	Autumn Beef Stew Braised Spinach Long Grain Wil Rice Yeast Rolls Fresh Fruit
12/12	12/13	12/14	12/15	12/16
Shepherd's Pie Steamed Broccoli Pinto Beans Cheesy Corn Muffins Fresh Fruit	Sweet & Sour Chicken Breast Rice Pilaf Egg Rolls Whole Wheat Rolls Fresh Fruit	Salisbury Steak Ratatouille Mashed Potatoes Gravy Garlic Bread Fresh Fruit	Chicken Kiev Steamed Broccoli Peas Spoon Bread Fresh Fruit	Fried Chicken Hash Brown Casserole Southern Green Beans Hawaiian Rolls Fresh Fruit
12/19	12/20	12/21	12/22	12/23
Rotisserie Chicken Spice Apples Northern Style Green Beans Multigrain Rolls Fresh Fruit	Macaroni w/Smoked Gouda and Ham Buttered Lima Beans Fresh Steamed Cauliflower Fresh Fruit	Spinach Ricotta Quiche Butternut Squash and Apples Rice Pilaf Parker House Rolls Fresh Fruit	Chicken Alfredo Harvard Beets Corn Niblets Garlic Bread Fresh Fruit	CLOSED HAPPY HOLIDAYS
12/26	12/27	12/28	12/29	12/30/22

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<p>Closed Happy Holidays</p>	<p>Chopped Beef Steak with glazed onions Broccoli Sweet Potato Casserole Rolls Fresh Fruit</p>	<p>Fried Tilapia Buttered Peas Cauliflower Rolls Fresh Fruit</p>	<p>Chicken Marsala Long Grain Wild Rice Asparagus Olive Bread Fresh Fruit</p>	<p>Glazed Ham W/ Pineapple Rings Corn Pudding Sautéed Kale Hawaiian Rolls Fresh Fruit</p>
<p>12/31</p>				
<p>Turkey Tetrazzini Seasonal Vegetables Sautéed Penne Parker House Rolls Fresh Fruit</p>				