

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

JANURAY 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
01/01 CLOSED	01/02 Glazed Ham Collard Greens, Carrots Potatoes Au Gratin, Garlic Bread, Fresh Fruit	01/03 Stuffed Peppers Kale, Corn Niblets, Olive Bread, Fresh Fruit	01/04 Southern Meat Loaf Garlic & Herb Whipped Potatoes, Gravy Green Beans Almandine, Corn Muffins, Fresh Fruit	01/05 Grilled Pork Tenderloin, Rice Pilaf, Baked Artichokes, White Rolls, Fresh Fruit
01/08 Chicken Pot Pie w/ Puff Pastry, Broccoli, Rice Pilaf, Hawaiian Rolls, Fresh Fruit	01/09 Ham & Swiss Quiche, Whipped Potatoes, Green Beans w/Lemon & Walnuts, Corn Muffins, Fresh Fruit	01/10 Herb Roasted Chicken, Glazed Carrots, Roasted Red Potatoes, Pop Overs, Fresh Fruit	01/11 Chicken w/Mushroom Cream Sauce, Spiced Apples, Basmati Rice, Fresh Fruit	01/12 Autumn Beef Stew, Braised Spinach, Long Grain Wild Rice, Yeast Rolls, Fresh Fruit
01/15 Shepard's Pie, Steamed Broccoli, Pinto Beans, Cheesy Corn Muffins, Fresh Fruit	01/16 Sweet & Sour Chicken Breast, Rice Pilaf, Egg Rolls, Whole Wheat Rolls, Fresh Fruit	01/17 Salisbury Steak, Ratatouille, Mashed Potatoes, Gravy, Garlic Bread	01/18 Chicken Kiev, Steamed Broccoli, Peas, Spoon Breas, Fresh Fruit	01/19 Fried Chicken, Southern Green Beans, Hash Brown Casserole, Hawaiian Rolls, Fresh Fruit
01/22 Rotisserie Chicken, Spiced Apples, Northern Style Green Beans, Multigrain Rolls, Fresh Fruit	01/23 Macaroni w/Smoke Gouda and Ham, Buttered Lima Beans, Fresh Steamed Cauliflower, Wheat Rolls, Fresh Fruit	01/24 Spinach Ricotta Quiche, Butternut Squash and Apples, Rice Pilaf, Parker House Rolls, Fresh Fruit	01/25 Chicken Alfredo, Harvard Beets, Corn Niblets, Garlic Bread, Fresh Fruit	01/26 Beef Stroganoff, Pinto Beans, Egg Noodles Hawaiian Rolls, Fresh Fruit
01/29	01/30	01/31		

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Penne w/Chicken Spinach, Ricotta and Mozzarella, Whipped Potatoes, Braised Red Cabbage, Green Beans, Gravy, White Rolls Fresh Fruit	Chopped Beef Steak with Glazed Onions, Broccoli, Sweet Potato Casserole, Rolls, Fresh Fruit	Fried Tilapia, Buttered Peas, Cauliflower, White Wheat Rolls, Fresh Fruit		