

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

FEBRUARY 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
		02/01	02/02	02/03
		Chicken Marsala Long Grain Wild Rice, Asparagus Olive Bread, Fresh Fruit Milk and Water	Glazed Ham w/Pineapple Rings, Corn Pudding, Sauteed Kale, Hawaiian Rolls, Fresh Fruit Milk and Water	Turkey Tetrzzini Seasonal Vegetables, Sauteed Penne Parker House Rolls, Fresh Fruit Milk and Water
02/06	02/07	02/08	02/09	02/10
Glazed Ham Collard Greens Carrots Potatoes Au Gratin, Fresh Fruit Milk and Water	Stuffed Peppers, Kale, Corn Niblets, Olive Bread, Fresh Fruit, Milk and Water	Southern Meat Loaf, Garlic & Herb Whipped Potatoes, Green Beans Almandine, Gravy, Corn Muffins, Fresh Fruit, Milk and Water	Grilled Pork Tenderloin, Rice Pilaf, Baked Artichokes, White Rolls, Fresh Fruit, Milk and Water	Chicken Pot Pie w/ Puff Pastry, Broccoli, Rice Pilaf, Hawaiian Rolls, Fresh Fruit, Milk and Water
02/13	02/14	02/15	02/16	02/17
Ham & Swiss Quiche, Whipped Potatoes, Green Beans w/ Lemon and Walnuts, Corn Muffins, Fresh Fruit, Milk and Water	Herb Roasted Chicken, Glazed Carrots, Roasted Red Potatoes, Pop Overs, Fresh Fruit, Milk and Water	Chicken w/Mushroom Cream Sauce, Spiced Apples, Basmati Rice, Parker House Rolls, Fresh Fruit, Milk and Water	Autumn Beef Stew, Braised Spinach, Long Grain Wild Rice, Yeast Rolls, Fresh Fruit, Milk and Water	Shepherd's Pie, Steamed Broccoli, Pinto Beans, Cheesy Corn Muffins, Fresh Fruit, Milk and Water
02/20	02/21	02/22	02/23	02/24
Sweet and Sour Chicken Breast, Rice Pilaf, Egg Rolls, Whole Wheat Rolls, Fresh Fruit, Milk and Water	Salisbury Steak, Ratatouille, Mashed Potatoes, Garlic Bread, Fresh Fruit, Milk and Water	Chicken Kiev, Steamed Broccoli, Peas, Spoon Bread, Fresh Fruit, Milk and Water	Fried Chicken, Southern Green Beans, Hash Brown Casserole, Hawaiian Rolls, Fresh Fruit, Milk and Water	Rotisserie Chicken, Spiced Apples, Northern Style Green Beans, Multigrain Rolls, Milk and Water
02/27	02/28			

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Macaroni w/Smoked Gouda and Ham, Buttered Lima Beans, Fresh Steamed Cauliflower, Wheat Rolls, Fresh Fruit, Milk and Water	Spinach Ricotta Quiche, Butternut Squash and Apples, Rice Pilaf, Parker House Rolls, Fresh Fruit, Milk and Water			