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

MARCH 2023

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

03/07 Chopped Beef Steak w/Glazed Onions, occoli. Sweet Potato	O3/01 Spinach Ricotta Quiche, Butternut Squash and Apples, Rice Pilaf, Parker House Rolls, Fruit, Milk and Water O3/08 Fried Tilapia, Buttered Peas, Cauliflower, Whole Wheat Rolls, Fresh Fruit,	03/02 Chicken Alfredo, Harvard Beets, Corn Niblets, Garlic Bread, Fresh Fruit Milk and Water 03/09 Chicken Marsala, Long Grain Wild Rice,	03/03 Beef Stroganoff, Pinto Beans, Egg Noodles Hawaiian Rolls, Fresh Fruit, Milk & Water 03/10 Glazed Ham w/Pineapple Rings, Corn Pudding,
hopped Beef Steak w/Glazed Onions, occoli. Sweet Potato isserole, Rolls, Fresh	Butternut Squash and Apples, Rice Pilaf, Parker House Rolls, Fruit, Milk and Water 03/08 Fried Tilapia, Buttered Peas, Cauliflower, Whole	Beets, Corn Niblets, Garlic Bread, Fresh Fruit Milk and Water 03/09 Chicken Marsala, Long	Beans, Egg Noodles Hawaiian Rolls, Fresh Fruit, Milk & Water 03/10 Glazed Ham w/Pineapple
hopped Beef Steak w/Glazed Onions, occoli. Sweet Potato isserole, Rolls, Fresh	Apples, Rice Pilaf, Parker House Rolls, Fruit, Milk and Water 03/08 Fried Tilapia, Buttered Peas, Cauliflower, Whole	Garlic Bread, Fresh Fruit Milk and Water 03/09 Chicken Marsala, Long	Hawaiian Rolls, Fresh Fruit, Milk & Water 03/10 Glazed Ham w/Pineapple
hopped Beef Steak w/Glazed Onions, occoli. Sweet Potato isserole, Rolls, Fresh	House Rolls, Fruit, Milk and Water 03/08 Fried Tilapia, Buttered Peas, Cauliflower, Whole	Fresh Fruit Milk and Water 03/09 Chicken Marsala, Long	Milk & Water 03/10 Glazed Ham w/Pineapple
hopped Beef Steak w/Glazed Onions, occoli. Sweet Potato isserole, Rolls, Fresh	Milk and Water 03/08 Fried Tilapia, Buttered Peas, Cauliflower, Whole	Milk and Water 03/09 Chicken Marsala, Long	03/10 Glazed Ham w/Pineapple
hopped Beef Steak w/Glazed Onions, occoli. Sweet Potato isserole, Rolls, Fresh	03/08 Fried Tilapia, Buttered Peas, Cauliflower, Whole	03/09 Chicken Marsala, Long	Glazed Ham w/Pineapple
hopped Beef Steak w/Glazed Onions, occoli. Sweet Potato isserole, Rolls, Fresh	Fried Tilapia, Buttered Peas, Cauliflower, Whole	Chicken Marsala, Long	Glazed Ham w/Pineapple
w/Glazed Onions, occoli. Sweet Potato isserole, Rolls, Fresh	Peas, Cauliflower, Whole	, ,	
occoli. Sweet Potato sserole, Rolls, Fresh		Grain Wild Rice,	Rings Corn Pudding
sserole, Rolls, Fresh	Wheat Rolls, Fresh Fruit,		mings, communuting,
		Asparagus, Olive Bread,	Sauteed Kale, Hawaiian
ı	Milk and Water	Fresh Fruit, Milk and	Rolls, Fresh Fruit, Milk and
Fruit		Water	Water
Milk and Water			
03/14	03/15	03/16	03/17
ilazed Ham, Collard	Stuffed Peppers, Kale,	Southern Meatloaf,	Grilled Pork Tenderloin, Rice
Greens, Carrots,	Corn Niblets, Olive	Garlic & Herb Whipped	Pilaf, Baled Artichokes,
otatoes Au Gratin,	Bread, Fresh Fruit, Milk	Potatoes, Green Beans	White Rolls, Fresh Fruit,
lic Bread, Fresh Fruit,	and Water	Almandine, Gravy, Corn	Milk and Water
Milk and Water		Muffins, Fresh Fruit,	
		Milk and Water	
21	03/22	03/23	03/24
am & Swiss Quiche,	Herb Roasted Chicken,	Chicken w/Mushroom	Autumn Beef Stew Braised
Whipped Potatoes,		Cream Sauce, Spiced	Spinach, Long Grain Wild
een Beans w/Lemon	=	Apples, Basmati Rice,	Rice, Yeast Rolls, Fresh Fruit,
and Walnuts, Corn	Overs, Fresh Fruit, Milk	Parker House Rolls,	Milk and Water
Auffins, Fresh Fruit,	and Water	Fresh Fruit, Milk and	
Milk and Water		Water	
2 2 2 3	O3/14 lazed Ham, Collard Greens, Carrots, otatoes Au Gratin, lic Bread, Fresh Fruit, Milk and Water 21 am & Swiss Quiche, Whipped Potatoes, een Beans w/Lemon and Walnuts, Corn luffins, Fresh Fruit,	O3/14 D3/15 D3/20	Milk and Water 03/14 Day 15 Stuffed Peppers, Kale, Greens, Carrots, Otatoes Au Gratin, Iic Bread, Fresh Fruit, Milk and Water 03/15 Stuffed Peppers, Kale, Corn Niblets, Olive Bread, Fresh Fruit, Milk and Water Day 16 Southern Meatloaf, Garlic & Herb Whipped Potatoes, Green Beans Almandine, Gravy, Corn Muffins, Fresh Fruit, Milk and Water 03/22 O3/23 Chicken w/Mushroom Cream Sauce, Spiced Apples, Basmati Rice, Parker House Rolls, Fresh Fruit, Milk and

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02/27	03/28	03/29	03/30	03/31
Shepard's Pie, Steamed	Sweet and Sour Chicken	Salisbury Steak,	Chicken Kiev, Steamed	Fried Chicken, Southern
Broccoli, Pinto Beans,	Breast, Rice Pilaf,	Ratatouille, Mashed	Broccoli, Peas, Spoon	Green Beans, Hash Brown
Cheesy Corn Muffins,	Vegetable Egg Rolls,	Potatoes, Gravy, Garlic	Bread, Fresh Fruit, Milk	Casserole, Hawaiian Rolls,
Fresh Fruit, Milk and	Whole Wheat Rolls,	Bread, Fresh Fruit, Milk	and Water	Fresh Fruit, Milk and Water
Water	Fresh Fruit, Milk and	and Water		
	Water			