

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**

Monday	Tuesday	Wednesday	Thursday	Friday
		03/01	03/02	03/03
		Spinach Ricotta Quiche, Butternut Squash and Apples, Rice Pilaf, Parker House Rolls, Fruit, Milk and Water	Chicken Alfredo, Harvard Beets, Corn Niblets, Garlic Bread, Fresh Fruit Milk and Water	Beef Stroganoff, Pinto Beans, Egg Noodles Hawaiian Rolls, Fresh Fruit, Milk & Water
03/06	03/07	03/08	03/09	03/10
Penne w/Chicken, Spinach, Ricotta and Mozzarella, Whipped Potatoes, Braised Red Cabbage, Green Beans, Gravy, White Rolls, Fresh Fruit, Milk and Water	Chopped Beef Steak w/Glazed Onions, Broccoli. Sweet Potato Casserole, Rolls, Fresh Fruit Milk and Water	Fried Tilapia, Buttered Peas, Cauliflower, Whole Wheat Rolls, Fresh Fruit, Milk and Water	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
03/13	03/14	03/15	03/16	03/17
Turkey Tetrazzini, Seasonal Vegetables, Sauteed Penne, Parker House Rolls, Fresh Fruit, Milk and Water	Glazed Ham, Collard Greens, Carrots, Potatoes Au Gratin, Garlic Bread, Fresh Fruit, Milk and Water	Stuffed Peppers, Kale, Corn Niblets, Olive Bread, Fresh Fruit, Milk and Water	Southern Meatloaf, Garlic & Herb Whipped Potatoes, Green Beans Almandine, Gravy, Corn Muffins, Fresh Fruit, Milk and Water	Grilled Pork Tenderloin, Rice Pilaf, Baled Artichokes, White Rolls, Fresh Fruit, Milk and Water
03/20	03/21	03/22	03/23	03/24
Chicken Pot Pie W/ Puff Pastry, Broccoli, Rice Pilaf, Hawaiian Rolls, Fresh Fruit, Milk and Water	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

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02/27	03/28	03/29	03/30	03/31
Shepard's Pie, Steamed Broccoli, Pinto Beans, Cheesy Corn Muffins, Fresh Fruit, Milk and Water	Sweet and Sour Chicken Breast, Rice Pilaf, Vegetable Egg Rolls, Whole Wheat Rolls, Fresh Fruit, Milk and Water	Salisbury Steak, Ratatouille, Mashed Potatoes, Gravy, 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