

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

MAY 2023

NOTE: 1% MILK, WATER, TEA COFFEE AND WHOLE GRAIN BREAD are served with LUNCH DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
05/01	05/02	05/03	05/04	05/05
Spaghetti W/Meat Sauce, Corn, Tomato & Cucumber Salad, Multigrain Rolls, Fresh Fruit, Milk and Water	Chicken Alfredo, Green Beans, Fresh Steamed Cauliflower, Fresh Fruit, Milk and Water	Cheeseburgers W/Mustard, Ketchup, Pickle, French Fries, Peas, Fresh Fruit, Milk and Water	Fried Chicken, Glazed Carrots, Potato Salad, Garlic Bread, Fresh Fruit, Milk and Water	Macaroni W/Cheddar and Ham, Buttered Lima Beans Steamed Broccoli, Whole Wheat Rolls, Fresh Fruit, Milk and Water
05/08	05/09	05/10	05/11	05/12
Sliced Turkey, Whipped Potatoes, Cornbread Dressing, Green Beans, Gravy, White Rolls, Fresh Fruit, Milk & Water	Chopped Beef Steak with Glazed Onions, Broccoli, Sweet Potatoes, Rolls, Fresh Fruit, Milk and Water	Open Faced Turkey Sandwich W/ Mashed Potatoes and Gravy, Cole Slaw, Fresh Fruit, Milk and Water	Roast Pork, Roasted Red Potatoes, Spinach, Corn Bread, Fresh Fruit, Milk and Water	Egg Salad or Chicken Salad Sandwich, Tomato and Cucumber Salad Fruit, Milk and Water
05/15	05/16	05/17	05/18	05/19
Lasagna, House Salad W/ Lettuce, Tomato, Cucumber W/assorted Dressings, Bread Sticks, Fresh Fruit, Milk and Water	Baked Chicken, Potatoes Au Gratin, Peas, Garlic Bread, Fresh Fruit, Milk & Water	Stuffed Peppers, Kale, Corn Niblets, Garlic Bread, Fresh Fruit, Milk and Water	Southern Meatloaf, Garlic & Herb Whipped Potatoes, Green Beans, Gravy, Corn Muffins, Milk & Water	Ham and Cheese Sandwiches W Lettuce Tomato, & Mayo on Whole Wheat Bread Coleslaw, Baked Beans Fresh Fruit, Milk & Water
05/22	05/23	05/24	05/25	05/26
Chicken Pot Pie W/ Puff Pastry, Broccoli, Hawaiian Rolls, Fresh Fruit, Milk & Water	Tuna Salad Sandwich, Garden Salad W/Lettuce Tomato, Cucumber, W/ Assorted dressing, Fresh Fruit, Milk and Water	Hamburgers, W/ LTM Hotdogs, W/ Chili, Macaroni Salad W/ cucumbers, tomatoes, Watermelon, Milk and Water	Chicken w/Mushroom Cream Sauce, Spiced Apples, Long Grain Wild Rice, Parker House Rolls, Fresh Fruit, Milk and Water	Seasoned pork loin with Rice, Roasted carrots, Yeast Rolls. Fresh Fruit, Milk and Water

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<p>05/29 Closed MEMORIAL DAY</p>	<p>05/30 Filet of Fish Sandwich, Tater Tots, Carrots, Fresh Fruit, Milk & Water</p>	<p>05/31 Cheeseburgers W/Mustard, Ketchup, Pickle, French Fries, Peas, Fresh Fruit, Milk and Water</p>	