

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

OCTOBER LUNCH MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
	10/01	10/02	10/03	10/04
	Meatloaf, Mashed Potatoes, Gravy, Peas, WW Rolls, Fruit Cocktail, Milk & Water	Lasagna, Tossed Salad, Garlic Toast, Watermelon, Milk & Water	Chicken Salad on Croissant Roll, W LTM, Potato Chips, Cantaloupe, Milk & Water	Broccoli & Cheese Soup, Turkey Sandwiches, Peaches, Milk & Water
10/07	10/08	10/09	10/10	10/11
Vegetable Soup, Corn Muffins, Pound Cake, Milk & Water, Iced Tea	Hawaiian Meatballs, Salad W/ Lettuce, Tomato, Cucumbers, carrots, Strawberries & blueberries Milk & Water	Shepards Pie, Green Beans WW Rolls, Vanilla Pudding, Milk & Water	Country Style Steak and Gravy, Mashed Potatoes, Peas, WW Rolls, Blue Berries, Milk and Water	Beef/Turkey Hot Dogs with Chili, Seasoned Fries, Baked Beans, Cherry Cobbler, Milk & Water
10/14	10/15	10/16	10/17	10/18
Pulled Pork Sandwiches, Sweet Potato Fries, Cole Slaw, Watermelon, Milk & Water	Baked Ham, Macaroni & Cheese, Green Beans, WW Rolls, Milk & Water	Turkey Chili, Corn Bread, Peaches, Milk & Water	Chicken Tenders, Seasoned Fries, Corn, WW Rolls, Peaches Milk & Water	Potato Soup, Cheesy Bread, Corn, Fruit Cocktail, Milk & Water

10/21	10/22	10/23	10/24	10/25
Chicken Pot Pie, Apple Sauce, WW rolls, Cantaloupe, Milk & Water	Open Faced Roast Beef Sandwiches, Mashed Potatoes, Peas, Pears Milk & Water	Chicken Sandwiches, Pasta Salad, Peas, Fruit Cocktail, Milk & Water	Cheeseburgers, W/LTM WW Bun, Tater Tots, Baked Beans, Pound Cake, Milk & Water	Pepperoni and Cheese Pizza, Cheese Sticks, Corn, Jello, Milk & Water

10/28	10/29	10/30	10/31	
Sloppy Joe's on WW Roll, Pasta Salad, Cole Slaw, Applesauce Cake, Milk & Water	Meatloaf, Mashed Potatoes, Gravy, Peas, WW Rolls, Fruit Cocktail, Milk & Water	Chicken Noodle Soup, PBJ Sandwiches, Chips, Orange Slices, Milk & Water	Spaghetti and Garlic Toast, Tossed Salad W/ Lettuce Tomato & Cucumber w/ Assorted dressing Jello, Milk & Water	