

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

OCTOBER 2025 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
		Cheesy Chicken, Broccoli & rice casserole, WW rolls, Oranges, Milk & Water	Hot Dogs, Baked Beans, Mac & Cheese, mango cups, Milk & Water	Chicken Sandwich on WW Roll, W/ LTM, Pasta Salad, Pineapples, Milk & Water
10/06	10/07	10/08	10/09	10/10
BBQ Pork Sliders on Pretzel Rolls, Jalapeno Slaw, Tater Tots, Peaches, Milk & Water	Chicken Tacos W/ Lettuce, Tomato, Cheese, Sour Cream, Spanish Rice, Pineapple Milk & Water	Club Sandwiches, Potato Salad, Apples, Milk & Water	Salad w/Grilled Chicken, assorted Dressings, Bread Sticks, Pears, Milk & Water	Hibachi Chicken W/ Fried Rice WW Rolls, Pears & Milk & Water
10/13	10/14	10/15	10/16	10/17
Sloppy Joes, French Fries, Cole Slaw, Pears, Milk & Water	Walking Taco in a Bowl Doritos, Ground beef, lettuce, tomatoes, cheese, sour cream, onions, salsa, Oranges, Milk & water	Egg Roll in a Bowl (Seasoned turkey meat, cabbage, carrots, wonton strips), Apple Cider Donut Cake, WW rolls, Milk & Water	Chicken Nuggets, Mashed Potatoes, Corn, WW Rolls, Oranges Milk & Water	Ham, Green Beans & Potatoes, WW Rolls, Carrot Cake, Milk & Water

10/20	10/21	10/22	10/23	10/24
Italian Sub Sandwiches, French Fries, Peas, Apple Cobbler, Milk & Water	Loaded Baked Potato Soup, Grilled Ham/Cheese sandwiches, Pineapples, Milk & Water	Pinto Beans, Fried Potatoes & Onions, Apple Cider Donut Cake, Milk & Water	Loaded baked potatoes w/ Shredded BBQ Chicken, Sour Cream, Cheese and Chives, Texas Toast, Peaches Milk & Water	Country Style Steak and Gravy, Mashed Potatoes, Peas, WW Rolls, Oranges, Milk and Water

10/27	10/28	10/29	10/30	10/31
Pepperoni or Cheese Pizza, Cheese Sticks, Corn and Chocolate Cake Milk & Water	Fish Sandwiches, Hushpuppies, Jalapeno Cole slaw, Pears, Milk & Water	Egg Roll in a Bowl (Seasoned turkey meat, cabbage, carrots, wonton strips) Pineapple upside down Cake, WW roll, Milk & Water ,	Ham & Cheese Slider Rolls, Tater Tots, Side Salad, Peaches, Milk & Water	Turkey or Beef Chili, cornbread, side salad, Milk & Water Milk & Water