

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

MARCH 2026 LUNCH MENU

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 03/02 | 03/03 | 03/04 | 03/05 | 03/06 |
| Club Sandwiches, Potato Chips, Apples, Milk & Water | Grilled Chicken, Mexican Street Corn Pasta Salad, WW Rolls, Milk & Water | Chicken & Dumplings, Peas, Pears, Milk & Water | Chili Mac, Corn Bread, Fruit Salad, Milk & Water | Chicken Sandwich on WW Roll, W/ LTM, Pasta Salad, Pineapples, Milk & Water |
| 03/09 | 03/10 | 03/11 | 03/12 | 03/13 |
| Pepperoni or Cheese Pizza, Cheese Sticks, Corn and Chocolate Cake Milk & Water | Steak Bites, Parmesan Risotto, Brussel Sprouts, WW Rolls, Milk & Water | Shepards Pie, WW Rolls, Pineapple Upside Down Cake, Milk & Water | Chef Salad, assorted Dressings, Bread Sticks, Pears, Milk & Water | Fish Sandwiches on WW Rolls, Hush Puppies, Coleslaw, Fruit Cocktail, Milk & Water |
| 03/16 | 03/17 | 03/18 | 03/19 | 03/20 |
| Sloppy Joes, French Fries, Cole Slaw, Pears, Milk & Water | Corn Beef and Cabbage, Grilled Cheese, Irish Potato Chips, Peaches, Milk & Water | Egg Roll in a Bowl (Seasoned turkey meat, cabbage, carrots, wonton strips) Mango Cups, WW rolls, Milk & Water | Chicken Salad Sandwich, Macaroni Salad, Peas, Milk & Water | Walking Taco in a Bowl Doritos, Ground beef, lettuce, tomatoes, cheese, sour cream, onions, salsa, Oranges, Milk & water |

| 03/23 | 03/24 | 03/25 | 03/26 | 03/27 |
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| Loaded baked potatoes w/ Chili, Sour Cream, Cheese, Bacon and Chives, Texas Toast, Peaches Milk & Water | BBQ Pork Sliders on WW Roll, Mac & Cheese, Corn, Milk & Water | Country Style Steak, Mashed Potatoes, Green Beans, Rolls, Milk & Water | Ham & Cheese Sliders on WW Rolls, Carrots, Tater Tots, Milk & Water | Chicken Nuggets, Sweet Potatoes, Corn, WW Rolls, Oranges, Milk & Water |

| 03/30 | 03/31 | | | |
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| French Onion Soup, roasted Vegetables, French Bread, Milk & Water | Egg Salad Sandwiches on WW Bread, Potato Chips, Chocolate Chip Cookies, Milk & Water | | | |
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