

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

OCTOBER 2026 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
			Chicken Patty Sandwich, W/ Lettuce, Tomato, Green Beans, Mac & Cheese, Milk & Water	Cheeseburgers, LTM, French Fries, Baked Beans, Watermelon, Milk & Water
10/05	10/06	10/07	10/08	10/09
Peanut Butter & Jelly Sandwiches, Fruit Cups, Carrot & Celery Sticks W/ Ranch Dressing, Milk & Water	Broccoli Cheddar Soup, Side Salad (Lettuce, Tomato, cucumbers) w/ranch dressing, milk & water	Philly Cheese Steak Subs W/ Green Peppers & Onions, oven fried potatoes, Pineapple, Milk & Water	Ham & Cheese Sliders, Green Beans, French Fries, Milk & Water	Fish Sandwiches on WW Rolls, Hush Puppies, Coleslaw, Fruit Cocktail, Milk & Water
10/12	10/13	10/14	10/15	10/16
Sloppy Joes, French Fries, Cole Slaw, Pears, Milk & Water	Chicken Casserole, Asparagus, WW rolls, Pears, Milk & Water	Beef Chili Beans, Corn, Cornbread, Milk & Water	Chicken Salad Sandwich on WW bread, Macaroni Salad W tomatoes, cucumber, shredded cheese, Peas, Milk & Water	Baked Potato Soup, Turkey & Cheese Sandwich on WW Bread, Peaches, Milk & Water

10/19	10/20	10/21	10/22	10/23
Loaded baked potatoes w/ Chili, Sour Cream, Cheese, Bacon and Chives, Texas Toast, Peaches Milk & Water	BBQ Pork Mac & Cheese Bowl, Corn, Grapes and strawberries Milk & Water	BLT sandwich on WW bread, Oven Fried Potatoes, pears, Milk & Water	Hamburger Steak, Mashed Potatoes, Green Beans, WW Rolls, Milk & Water	Chicken Nuggets, Sweet Potatoes, Corn, WW Rolls, Oranges, Milk & Water

10/26	10/27	10/28	10/29	10/30
Chicken Fried Rice (chicken, rice, peas, carrots), eggs, Rolls, Fruit Cocktail, Water & Milk	Club Sandwiches on WW bread, Potato Salad W/ Green Pepper, Onion, Mayo, Apples, Milk & Water	Grilled Ham & Cheese Sandwiches, Tater Tots, Peas, Milk & Water	French Onion Soup, ½ Roast Beef and Cheddar Sandwich on WW Bread, Mandarin Oranges, Milk & water	Beef Hot Dogs W/ Chili, Baked Beans, Corn, Apples & Milk & Water