



# Adult Care Center of Roanoke Valley

## LUNCH MENU

Alternate Choices Always Available:  
Sandwich or bring something from home

**Served with Every Meal:**

Orange, Grape and Apple Juices,  
Skim Milk, and Coffee or Tea

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bun Fish Rice Pilaf Peas Mixed Fruit	2 Bun Hamburger Scalloped Potatoes Corn Jello	3 Roll Chicken Rice Casserole Broccoli Bananas Pudding	4 Wheat Bread Baked Ham Yams Cole Slaw Peaches
7 Wheat Bread Tuna Salad Tater Tots Corn Pineapple	8 Roll Beef Stew Mixed Greens Cinnamon Apples Cookies	9 Roll Chicken Fried Steak Mashed Potatoes Mixed Vegetables Pears	10 Roll Turkey Casserole Yams Beets Mixed Fruit	11 Bun Meatloaf Mac & Cheese Spinach Cobbler
14 Wheat Chicken Salad Roasted Potatoes Lima Beans Cinnamon Apples	15 Roll Beefy Mac & BBQ Beets Pinto Beans Pudding	16 Roll Meat Sauce Spaghetti Corn Ice Cream	17 Roll BBQ Chicken Breast Baked Beans Green Beans Jello	18 Wheat Bread Salisbury Steak Mashed Potatoes Mixed Vegetables Sherbet
21 Roll Chicken Pot Pie Spinach Ice Cream Pineapple	22 Wheat Bread Chicken Wings Scalloped Potatoes Mixed Vegetables Peaches	23 Bun Hamburger Macaroni Salad Peas Bananas	24 Roll Beef Stroganoff Corn Carrots Pears	25 Roll Lasagna Green Beans Tossed Salad Jello
28 Roll Chicken Fettuccini Alfredo Lima Beans Corn Cookies	29 Wheat Bread Fish Tater Tots Cole Slaw Mixed Fruit	30 Roll Baked Ham Mac & Cheese Peas Ice Cream	31 Roll Brunswick Stew Collard Greens Mandarin Oranges Cobbler	