

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

JULY LUNCH MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
07/01	07/02	07/03	07/04	07/05
Country Style Steak and Gravy, Mashed Potatoes, Peas, WW Rolls, Blue Berries, Milk and Water	Chicken Salad on Croissant Roll, W LTM, Potato Chips, Cantaloupe, Milk & Water	Chicken & Stuffing Casserole, Lima Beans, Pineapple & Grapes, Milk & Water	CENTER CLOSED 4 th of JULY	Grilled Cheeseburgers, Hot Dogs on Bun, Potato Salad, Macaroni Salad, Baked Beans, Red, White, & Blue Cake, 4 th of July Celebration
07/08	07/09	07/10	07/11	07/12
Beef Nachos, W/Lettuce Tomato Onion, Cheese, Sour Cream, Salsa, Corn, Churro Twist, Milk & Water, Iced Tea	Hawaiian Meatballs, Salad W/ Lettuce Tomato, Cucumbers, carrots, Strawberries & blueberries Milk & Water	Club Sandwiches, Potato Chips, Apples, Milk & Water	Hot Dogs on Bun W/ Chili, Tater Tots, Green Beans, Milk & Water	Pig in a Blanket, Baked Beans, Macaroni Salad, Strawberry Short Cake , Milk & Water
07/15	07/16	07/17	07/18	07/19
Pulled Pork Sandwiches, Sweet Potato Fries, Cole Slaw, Watermelon, Milk & Water	Cheeseburgers, W/LTM WW Bun, Tater Tots, Baked Beans, Pound Cake, Milk & Water	Lasagna, Tossed Salad, Garlic Toast, Watermelon, Milk & Water	Chicken Tenders, Seasoned Fries, Corn, WW Rolls, Peaches Milk & Water	Fish Sandwiches, Potato Salad, Green Beans, Orange slices, Milk & Water

07/22	07/23	07/24	07/25	07/26
Grilled Chicken Breast, Roasted Brussel Sprouts, Fingerling potatoes, WW rolls, Cantaloupe, Milk & Water	Roast Beef & Cheese sandwiches W LTM, Pasta Salad W/ Tomatoes, Cucumber, Onions Ranch Dressing, Cantaloupe Milk & Water	Spaghetti and Garlic Toast, Tossed Salad W/ Lettuce Tomato & Cucumber w/ Assorted dressing Fruit Wiggles, Milk & Water	Baked Ham, Macaroni Salad, Green Beans, WW Rolls, Milk & Water	Pepperoni and Cheese Pizza, Cheese Sticks, Corn, Chocolate Cake, Milk & Water

07/29	07/30	07/31		
Sloppy Joe's on WW Roll, Pasta Salad, Cole Slaw, Applesauce Cake, Milk & Water	Turkey Sandwiches W/ LTM, Potato Salad Broccoli Medley, Fruit Cocktail, Milk & Water	Chicken Tacos w/ Lettuce, tomato, cheese, sour cream, salsa, corn, Yellow Cake W/Cream Cheese Icing, Milk & Water		