

## **Food Specials and Free/Cheap Activity Ideas**

### **Wasena City Tap Room and Grill**

Mondays - \$5 burgers

Tuesday – all day happy hour

Wed – Taco Tuesday

\$5 – 2 tacos

Thursday – Soup and sandwich combo

Grilled cheese and soup \$6.50

Friday- Fish Fry \$7.00

### **Martin's Bar and Grill**

Monday – ½ priced Burgers

Tuesday – BBQ Night

\$5 BBQ sandwiches

Wednesday – Wild Wing Wednesday

\$.65 Jumbo Wings

Thursday – 3 Buck Thursday

\$3 Gourmet Tacos

### **Macado's**

Monday- 10 Wings for \$4.44

Half Price Hindenburgs (sandwich)

Tuesday - Kids eat for \$1

\$7.25 Burgers

Wednesday - Mexican \$6.95 Fiesta Feast

Thursday- 39 Cent Boneless Wings (4pm-9pm)

Half Priced Spinach & Artichoke Dip (4pm-9pm)

2-for-1 Appetizers and Quesadillas (9pm – close)

Friday - \$3.95 Con Quesos

\$3.95 Cinnamon Sensations

Saturday - \$7.25 Reubens

Sunday - 39 Cent Boneless Wings (1pm-7pm)

### **Food Prep Service – Roanoke**

[http://fps.hasanapp.com/pp\\_checkout\\_complete?token=EC-5BJ62210975693715&PayerID=A3PJZ72A6XJJ#1](http://fps.hasanapp.com/pp_checkout_complete?token=EC-5BJ62210975693715&PayerID=A3PJZ72A6XJJ#1)

Tuesdays - \$3 specialty tacos

ALL DAYS -- \$4.99/meal light menu

Choose 1 protein and 2 veggies, or

Choose 1 protein, 1 Carb, and 1 veggie

Can order online and they deliver to the medical school! ☺

## Roanoke VA Food Specials

### **Moe's Southwestern Grill**

\$5 burrito Monday

### **The Village Grill**

Tuesday- Taco Tuesday - \$.99 beef tacos, \$1.09 chicken tacos, \$3 specialty tacos

Wednesdays – All salads \$7.00

Thursdays - \$7.00 Burgers

### **Sidewinders Steakhouse and Saloon**

EVERYDAY - Soup and Salad Bar - \$8.99

### **Fork in the Alley**

Lunch Specials

Monday - \$5 off specialty pizzas

Tuesday - \$2 off all specialty salads

Wednesday - \$6 one topping small pizzas

Thursday - \$2 off all specialty burgers

Friday - \$1 off pulled porked sandwiches

### **Valley View Grande Movie Theater**

Every Tuesday \$6.59 movie (3D not included)

### **Carvn's Cove –**

**14' Boats:** \$5.00 per hour, or \$15 per day (includes oars and life jackets)

**Paddle boats:** The two-person boats rent for \$7 for one-hour of use and \$11 for two-hours of use. The four-person paddle boats rent for \$9 for one-hour of use and \$15 for two-hours use. (includes life jackets)

**Kayaks:** The single kayaks rent for \$7 for one-hour of use and \$11 for two-hours of use. The tandem kayaks rent for \$9 for one-hour of use and \$15 for two-hours use. (includes paddles and life jackets)

### **Blue 5**

2 for \$10 appetizers & \$1.00 off drafts from 4pm-7pm Monday- Saturday

### **Furniture Deals**

Habitat for Humanity Restore

### **Local Farmer's Markets**

Catawba Market

4965 Catawba Creek Road

3:30pm-7:00pm Thurs, mid-May-Oct

Floyd Farmers Market

203 Locust Street

9am-1pm Sat, May-Nov

Salem Farmers Market

2 E Main Street

8am-1pm Fri & Sat, April- Oct

## Roanoke VA Food Specials

Grandin Village Farmers Market  
2080 Westover Ave  
8am-12pm Sat, Late April- Oct  
10am-1pm 3rd Sat, Nov- March

West End Farmers Market  
1210 Patterson Ave., SW  
behind Freedom First Credit Union  
3pm-6pm Tue, Year Round

Roanoke City Market  
Downtown Roanoke  
8am-5pm Mon-Sun, Year Round

Vinton Market  
204 W Lee Ave  
9am-3pm Sat, April-Oct

### Some FREE things to do:

- Run/Bike on the Greenway
- Hiking (McAfee Knob, Dragon Tooth, Appalachian Trail, Read Mountain Preserve)
- Visit Mill Mountain and the Roanoke Star
- Free General Gallery Admission at the Taubman Museum of Art and First Friday open 5pm- 9m.
- Summer Time – Free Yoga for the People @ Roanoke Public Library, Mondays and Fridays from 7:30 -8:30am.
- Blue Ridge Parkway
- Disc Golf at Fishburn Park
- Virginia Western Community Arboretum
- Rooftop of Center of the Square –Free access
- Booker T. Washington National Monument
- Center in the Square
- Eleanor D. Wilson Museum at Hollins University
- Have a dog? Highland Dog Park

**Make sure to ask if places have discounts for students!!!!!!**