

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

NOVEMBER LUNCH MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
				11/01
				Pepperoni or Cheese Pizza, Cheese Sticks, Corn, Pears, Milk & Water
11/04	11/05	11/06	11/07	11/08
Seasoned Pork Lion, Sweet Potatoes, Green Beans, WW Rolls, Strawberry Shortcake, Milk & Water	Potato Soup, French Bread, Corn, Fruit Cocktail, Milk & Water	Chicken & Stuffing Casserole, Lima Beans, Pineapple & Grapes, Milk & Water	Country Style Steak and Gravy, Mashed Potatoes, Peas, WW Rolls, Blue Berries, Milk and Water	Hot Dogs W/ Chili WW Bun, Cheesy Potatoes, Baked Beans, Pound Cake, Milk & Water
11/11	11/12	11/13	11/14	11/15
Pulled Pork Sandwiches, Sweet Potato Fries, Cole Slaw, Pears, Milk & Water	Baked Ham, Macaroni & Cheese, Green Beans, WW Rolls, Milk & Water	Lasagna, Tossed Salad, Garlic Toast, Pineapple, Milk & Water	Chicken Tenders, Seasoned Fries, Corn, WW Rolls, Peaches Milk & Water	Fish Sandwiches, Potato Salad, Green Beans, Orange slices, Milk & Water

11/18	11/19	11/20	11/21	11/22
Chicken Pot Pie, Broccoli W/Cheese Sauce, WW rolls, Fruit Cocktail, Milk & Water	Open Faced Roast Beef Sandwiches, Mashed Potatoes, Gravy, Peas Milk & Water	Spaghetti and Garlic Toast, Tossed Salad W/ Lettuce Tomato & Cucumber w/ Assorted dressing Fruit Wiggles, Milk & Water	Broccoli & Cheddar Soup, Turkey Sandwich on WW Bread, Peaches, Milk & Water	Thanksgiving Lunch Turkey, Gravy, Mashed Potatoes, Green beans, Sweet Potato Casserole, Rolls Iced Tea, Milk & Water

11/25	11/26	11/27	11/28	11/29
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	CLOSED HAPPY THANKSGIVING	CLOSED HAPPY THANKSGIVING