

ADULT CARE CENTER OF ROANOKE VALLEY
2321 Roanoke Boulevard, Salem Virginia 24153
Phone -- 540-981-2350 Fax - 540-981-2353

NOVEMBER

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

Turkey & Cheese Sandwich on WG Breas W/ LTM, Pasta Salad W/ Tomatoes & Cucumbers Peas Mixed Fruit	Pizza Cheese Stick Green Beans Pears	Spaghetti W/ Meat Sauce Tossed Salad W/ assorted dressing Banana Garlic Bread		
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Monday	Tuesday	Wednesday	Thursday	Friday
	11/01	11/02	11/03	11/04
	Grilled Cheese Sandwich on WGB, Tomato Soup, Carrots Apple Sauce Cup	Baked Lasagna, Tossed Salad W Lettuce Tomato Cucumber and assorted dressing Garlic Bread Fruit salad	Chicken Tenders, succotash, Sweet Potato Fries, Mandarin Oranges	Pepperoni or Cheese Pizza Cheese Stick, Green Beans, Banana
11/07	11/08	11/09	11/10	11/11
Cheeseburger on WG Bun W/ LTM, French Fries, Baked Beans, Pears	Taco Salad W/ WG Shell Beef, Lettuce, Tomato, Sour Cream, Spanish Rice Peaches	Baked Pork Chops Baled Sweet Potatoes W/ Apples Peas WG Rolls	Pepperoni or Cheese Pizza Cheese Stick Green Beans Mandarin Oranges	Baked Chicken with gravy, Mashed Potatoes Peas, WG Rolls Pears
11/14	11/15	11/16	11/17	11/18
Potato Soup, Ham & Cheese Sandwich W/ LTM Corn Fruit Cup	Chicken Noodle Soup PB & J Sandwiches on WGB Carrots Mixed Fruit	Chili W/ Beans Cornbread, Corn, Yogurt	Pepperoni or Cheese Pizza Cheese Stick, Green Beans, Banana	THANKSGIVING DINNER Turkey W/ Stuffing, Gravy, Mashed Potatoes, Green Beans, WG Rolls, Assorted Pies
11/21	11/22	11/23	11/24	11/25
Sloppy Joes on Bun Cole Slaw Tater Tots Strawberries	Pepperoni or Cheese Pizza Cheese Stick, Green Beans, Banana	Hot Dogs on Bun, W/ Chili, Macaroni Salad W/ tomatoes & cucumbers, Corn Fruit Cup	CLOSED FOR THANKSGIVING HOLIDAY HAPPY THANKSGIVING	CLOSED FOR THANKSGIVING HOLIDAY HAPPY THANKSGIVING
11/28	11/29	11/30		