

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	11/02	11/03
		Baked Ziti, Green Beans Fried Cinnamon Apples Garlic Toast, Karrie's Eclair Pie Milk & Water	Country Style Steak, Mashed Potatoes, Broccoli Medley, Deviled Eggs, Milk & Water NATIONAL DEVILED EGG DAY	Chicken Salad Sandwiches, W/LTM on WW bread, Corn, Mandrin Oranges, Milk & Water NATIONAL SANDWICH DAY
11/06	11/07	11/08	11/09	11/10
Beef Nachos, W/Lettuce Tomato Onion, Cheese, Sour Cream, Salsa, Corn, Churro Twist, Milk & Water NATIONAL NACHO DAY	Chicken Noodle Soup, Grilled Cheese Sandwiches on WW Bread, Potato Chips, Pears, Milk & Water	Glen's Sicilian Meat Loaf, Mashed Potatoes, Peas, WW Rolls, Fruit Cocktail Milk & Water	Connie's Vegetable Soup, Corn Muffins, Peaches, Glen's Brownie w/ Cherry Topping Milk & Water	Tuna Salad Sandwiches on WW bread, Cucumber, Mozella, & Tomato Salad, Strawberries, Milk & Water NATIONAL TUNA DAY
11/13	11/14	11/15	11/16	11/17
5 Cheese Tortellini Alfredo, Steamed Broccoli, Blueberries, Raspberries, Milk & Water	Fish Sandwiches, Potato Salad, Green Beans, Hazel's Watergate Salad, Milk & Water	Seasoned Pork Loin, Shirley's Sweet Potato Casserole, Coleslaw, Pears Milk & Water NATIONAL LEFTOVER DAY	Chicken Tenders, Tater Tots, Asparagus, Peaches Milk & Water	Thanksgiving Gobble and Gossip Turkey, Stuffing, Mashed potatoes, green beans, WW Rolls Assorted Pies, Milk & Water Iced Tea and Lemonade

11/20	11/21	11/22	11/23	11/24
Beef Stroganoff W/ Egg noodles, WW Rolls, Green Beans, Quartered grapes Milk & Water	Turkey sandwiches W LTM, Pasta Salad W/ Tomatoes, Cucumber, Onions Ranch Dressing, Cantaloupe Milk & Water TALK TURKEY TUESDAY	Thelma's Stuffed Shells, Garden Salad W Lettuce Tomato, Cucumber, Assorted Dressings, WW Rolls, Pumpkin Pie Water & Milk PUMPKIN PIE DAY	CLOSED THANKSGIVING HOLIDAY	CLOSED THANKSGIVING HOLIDAY
11/27	11/28	11/29	11/30	
Danielle's Pizza Crumble, (Biscuits, pizza sauce, Mozzarella Cheese and Pepperoni), Cheese Stick, Peaches Milk & Water	Chicken & Cheese Quesadillas, Jasmine Rice, Cucumbers, Fruit Cups Milk & Water	Taco Mac & Cheese, Lima Beans, Gay Keith's Easy Banana Pudding Milk & Water	David's Spaghetti and Garlic Toast, Tossed Salad W/ Lettuce Tomato & Cucumber w/ Assorted dressing Fruit Wiggles, Milk & Water	