

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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BREAKFAST AND AFTERNOON SNACK MENUS

JANUARY 2020

Cereal, milk, whole wheat toast is available as substitutes for AM Breakfast

Serving with every meal: 100 percent juices: Orange, Grape, Apple

Drinks: Skim Milk, Coffee and

Whole Wheat Bread

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
Closed			1 CLOSED FOR NEW YEARS	2 AM: Assorted Juices, Cheese Toast WGB PM: Ham Sandwich WGB	3 AM: Assorted Juices, Pancakes WGB PM: Tomato Soup w/Crackers WGB
4 & 5 Closed	6 AM: Assorted Juices, Waffles WGB PM: Peanut Butter & Jelly sandwiches WGB	7 AM: Assorted juices, Cheerios w/skim milk PM: Cheese crackers WGB	8 AM: Assorted juices, Scrambled Eggs WGB PM: Fish Sticks WGB	9 AM: Assorted juices, French toast WGB PM: Grilled cheese sandwich WGB	10 AM: Assorted juices, Sausage gravy w/biscuits WGB PM: Gold fish crackers WGB
11 & 12 Closed	13 AM: Assorted Juices, Hard boiled eggs WGB PM: Meatballs WGB	14 AM: Assorted juices, Pancakes WGB PM: Vienna sausages w/crackers WGB	15 AM: Assorted juices, Cheese toast WGB PM: Macaroni and cheese WGB	16 AM: Assorted juices, Oatmeal w/skim milk WGB PM: Chips and Spinach dip WGB	17 AM: Assorted Juices, Cheerios WGB PM: Cheese Sticks WGB

<p>18 & 19 Closed</p>	<p>20 AM: Assorted juices, French toast WGB</p> <p>PM: Gold Fish WGB</p>	<p>21 AM: Assorted juices, Sausage gravy w/biscuits WGB</p> <p>PM: Chicken Nuggets WGB</p>	<p>22 AM: Assorted juices, Waffles WGB</p> <p>PM: Peanut butter and jelly sandwich WGB</p>	<p>23 AM: Assorted Juices, Cheerios w/skim milk WGB</p> <p>PM: Chicken Noodle Soup w/crackers WGB</p>	<p>24 AM: Assorted juices, Jelly Toast WGB</p> <p>PM: Turkey Sandwich WGB</p>
<p>25 & 26 Closed</p>	<p>27 AM: Assorted juices, Oatmeal w/skim milk WGB</p> <p>PM: Chicken salad WGB</p>	<p>28 AM: Assorted juices, Cheerios w/skim milk WGB</p> <p>PM: Tomato Soup w/crackers WGB</p>	<p>29 AM: Assorted juices, French toast WGB</p> <p>PM: Grilled Cheese sandwiches WGB</p>	<p>30 AM: Assorted juices, Hard boiled eggs WGB</p> <p>PM: Gold fish crackers WGB</p>	<p>31 AM: Assorted Juices, Pancakes WGB</p> <p>PM: Vienna sausages w/crackers WGB</p>