

## ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

Phone: 540-981-2350 Fax: 540-981-2353

### BREAKFAST AND AFTERNOON SNACK MENUS

## FEBRUARY 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 Grain Bread

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
Closed	<b>3</b> AM: Assorted Juices, Cheese Toast WGB  PM: Vienna Sausage with crackers WGB	<b>4</b> AM: Assorted Juices, Scrambled eggs w/ toast, WGB  PM: Chicken noodle soup WGB	<b>5</b> AM: Assorted juices, Pancakes WGB  PM: Ham Sandwich WGB	<b>6</b> AM: Assorted Juices, Cheerios with milk WGB  PM: Chicken nuggets WGB	<b>7</b> AM: Assorted juices, Sausage gravy with biscuits WGB  PM: Gold Fish WGB
8 & 9 Closed	<b>10</b> AM: Assorted Juices, Hard boiled eggs WGB  PM: Fish Sticks WGB	<b>11</b> AM: Assorted juices, French toast WGB  PM: Turkey & Cheese sandwich WGB	<b>12</b> AM: Assorted juices, Sweet toast WGB  PM: Meatballs WGB	<b>13</b> AM: Assorted juices, Toaster Strudels WGB  PM: Chicken Salad WGB	<b>14</b> AM: Assorted juices, Cheerios with milk WGB  PM: Fresh fruit WGB
15 & 16 Closed	<b>17</b> AM: Assorted Juices, Waffles WGB  PM: Peanut butter and jelly sandwich WGB	<b>18</b> AM: Assorted juices, Sausage gravy with biscuits WGB  PM: Gold fish crackers WGB	<b>19</b> AM: Assorted juices, Scrambled eggs WGB  PM: Spinach dip with crackers WGB	<b>20</b> AM: Assorted juices, Cheerios with milk WGB  PM: Vienna Sausage with crackers WGB	<b>21</b> AM: Assorted Juices, Pancakes WGB  PM: Tuna Salad with crackers WGB

<p><b>22 &amp; 23 Closed</b></p>	<p><b>24</b> AM: Assorted juices, Jelly Toast WGB</p> <p>PM: Turkey &amp; cheese sandwich WGB</p>	<p><b>25</b> AM: Assorted juices, Cheerios with milk WGB</p> <p>PM: Chicken salad with crackers WGB</p>	<p><b>26</b> AM: Assorted juices, Fried apples WGB</p> <p>PM: Chicken nuggets WGB</p>	<p><b>27</b> AM: Assorted Juices, French toast WGB</p> <p>PM: Peanut butter crackers WGB</p>	<p><b>28</b> AM: Assorted juices, Jelly Scrambled eggs WGB</p> <p>PM: Gold fish crackers</p>