

# 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

### APRIL 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>1</b> AM: Assorted juices, French toast WGB  PM: Peanut Butter crackers WGB	<b>2</b> AM: Assorted Juices, Hard boiled eggs WGB  PM: Gold Fish crackers WGB	<b>3</b> AM: Assorted juices, Cheerios w/milk WGB  PM: Tuna Fish w/crackers WGB
4 & 5 Closed	<b>6</b> AM: Assorted Juices, Waffles WGB  PM: Turkey sandwich WGB	<b>7</b> AM: Assorted juices, Sausage gravy w/bisuits WGB  PM: Chicken nuggets WGB	<b>8</b> AM: Assorted juices, Jelly toast WGB  PM: Gold Fish crackers WGB	<b>9</b> AM: Assorted juices, Scrambled eggs w/toast WGB  PM: Fresh Fruit WGB	<b>10</b> AM: Assorted juices, Cheerios w/milk WGB  PM: Spinach dip w/crackers WGB
11 & 12 Closed	<b>13</b> AM: Assorted Juices, Cheese toast WGB  PM: Chicken Salad w/crackers WGB	<b>14</b> AM: Assorted juices, Cheerios w/milk WGB  PM: Gold Fish crackers WGB	<b>15</b> AM: Assorted juices, Hard boiled eggs WGB  PM: PB & Jelly sandwiches WGB	<b>16</b> AM: Assorted juices, French Toast WGB  PM: Blueberry muffins WGB	<b>17</b> AM: Assorted Juices, Jelly Toast WGB  PM: Meatballs WGB

<p><b>18 &amp; 19 Closed</b></p>	<p><b>20</b> AM: Assorted juices, Cheerios w/milk WGB</p> <p>PM: Chicken Nuggets WGB</p>	<p><b>21</b> AM: Assorted juices, Pancakes WGB</p> <p>PM: Tuna fish w/crackers WGB</p>	<p><b>22</b> AM: Assorted juices, Scrambled eggs w/toast WGB</p> <p>PM: Fresh Fruit WGB</p>	<p><b>23</b> AM: Assorted Juices, Sausage gravy w/biscuits WGB</p> <p>PM: Gold fish crackers WGB</p>	<p><b>24</b> AM: Assorted juices, Waffles WGB</p> <p>PM: Pizza rolls WGB</p>
<p><b>25 &amp; 26 Closed</b></p>	<p><b>27</b> AM: Assorted juices, Hard Boiled eggs WGB</p> <p>PM: Fish Sticks WGB</p>	<p><b>28</b> AM: Assorted juices, Jelly toast WGB</p> <p>PM: Gold fish crackers WGB</p>	<p><b>29</b> AM: Assorted juices, Cheerios WGB</p> <p>PM: PB &amp; Jelly sandwich WGB</p>	<p><b>30</b> AM: Assorted Juices, Waffles WGB</p> <p>PM: Meatballs WGB</p>	