

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

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

<p>16&17 Closed</p>	<p>18 AM: Assorted juices, Cheerios w/milk WGB</p> <p>PM: Chicken Nuggets WGB</p>	<p>19 AM: Assorted juices, Pancakes WGB</p> <p>PM: Tuna fish w/crackers WGB</p>	<p>20 AM: Assorted juices, Scrambled eggs w/toast WGB</p> <p>PM: Fresh Fruit WGB</p>	<p>21 AM: Assorted Juices, Sausage gravy w/biscuits WGB</p> <p>PM: Gold fish crackers WGB</p>	<p>22 AM: Assorted juices, Waffles WGB</p> <p>PM: Pizza rolls WGB</p>
<p>23 & 24 Closed</p>	<p>25 CLOSED</p> <p>HAPPY MEMORIAL DAY!</p>	<p>26 AM: Assorted juices, Jelly toast WGB</p> <p>PM: Gold fish crackers WGB</p>	<p>27 AM: Assorted juices, Cheerios WGB</p> <p>PM: PB & Jelly sandwich WGB</p>	<p>28 AM: Assorted Juices, Waffles WGB</p> <p>PM: Meatballs WGB</p>	<p>29 AM: Assorted juices, French toast WGB</p> <p>PM: Tuna Fish w/crackers WGB</p>