

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

JUNE 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, Waffles WGB PM: Gold Fish WGB	2 AM: Assorted Juices, Hard Boiled Egg, Toast WGB PM: PBJ sandwich WGB	3 AM: Assorted Juices, Sausage Gravy/biscuit WGB PM: Animal crackers WGB	4 AM: Assorted Juices, Hashbrown WGB PM: Chicken nuggets WGB	5 AM: Assorted Juices, Cheerios WGB PM: Cheese crackers WGB
6&7 Closed	8 AM: Assorted Juices, Cheerios, WGB PM: Meatballs WGB	9 AM: Assorted Juices, Bananas & Toast WGB PM: Water Melon WGB	10 AM: Assorted Juices, Scrambled eggs WGB PM: Cheese crackers WGB	11 AM: Assorted Juices, French toast WGB PM: Fruit WGB	12 AM: Assorted juices, Pancakes WGB PM: Yogurt pops WGB
13&14 Closed	15 AM: Assorted Juices, Fried Apples WGB PM: Graham crackers & Peanut butter WGB	16 AM: Assorted Juices, Oatmeal WGB PM: French Fries WGB	17 AM: Assorted Juices, Cheerios WGB PM: Cheese it's WGB	18 AM: Assorted Juices, Ham biscuits WGB PM: Fresh Fruit WGB	19 AM: Assorted Juices, Hard Boiled eggs WGB PM: Pizza rolls WGB

<p>20&21 Closed</p>	<p>22 AM: Assorted juices, Scrambled eggs</p> <p>PM: Water melon WGB</p>	<p>23 AM: Assorted Juices, French toast WGB</p> <p>PM: Chicken nuggets WGB</p>	<p>24 AM: Assorted Juices, Sausage gravy/biscuit WGB</p> <p>PM: Fresh fruit WGB</p>	<p>25 AM: Assorted Juices, Cheerios WGB</p> <p>PM: Tuna Fish Crackers WGB</p>	<p>26 AM: Assorted Juices, Waffles WGB</p> <p>PM: Animal crackers WGB</p>
<p>27&28 Closed</p>	<p>29 AM: Assorted Juices, Waffles WGB</p> <p>PM: French fries WGB</p>	<p>30 AM: Assorted Juices, Hashbrowns WGB</p> <p>PM: Gold fish WGB</p>			