

## ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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### BREAKFAST AND AFTERNOON SNACK MENUS

## JULY 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
		<b>AM: Assorted Juices, Hard Boiled Egg, Toast WGB</b>  <b>PM: PBJ sandwich WGB</b>	<b>1</b> <b>AM: Assorted Juices, Sausage Gravy/biscuit WGB</b>  <b>PM: Animal crackers WGB</b>	<b>2</b> <b>AM: Assorted Juices, Hashbrown WGB</b>  <b>PM: Chicken nuggets WGB</b>	<b>3</b> <b>AM: Assorted Juices, Cheerios WGB</b>  <b>PM: Cheese crackers WGB</b>
<b>4&amp;5</b> <b>Closed</b>	<b>6</b>  <b>Closed for Holiday</b>	<b>7</b> <b>AM: Assorted Juices, Bananas &amp; Toast WGB</b>  <b>PM: Water Melon WGB</b>	<b>8</b> <b>AM: Assorted Juices, Scrambled eggs WGB</b>  <b>PM: Cheese crackers WGB</b>	<b>9</b> <b>AM: Assorted Juices, French toast WGB</b>  <b>PM: Fruit WGB</b>	<b>10</b> <b>AM: Assorted juices, Pancakes WGB</b>  <b>PM: Yogurt pops WGB</b>
<b>11&amp;12</b> <b>Closed</b>	<b>13</b> <b>AM: Assorted Juices, Fried Apples WGB</b>  <b>PM: Graham crackers &amp; Peanut butter WGB</b>	<b>14</b> <b>AM: Assorted Juices, Oatmeal WGB</b>  <b>PM: French Fries WGB</b>	<b>15</b> <b>AM: Assorted Juices, Cheerios WGB</b>  <b>PM: Cheese it's WGB</b>	<b>16</b> <b>AM: Assorted Juices, Ham biscuits WGB</b>  <b>PM: Fresh Fruit WGB</b>	<b>17</b> <b>AM: Assorted Juices, Hard Boiled eggs WGB</b>  <b>PM: Pizza rolls WGB</b>

<p><b>18&amp;19 Closed</b></p>	<p><b>20</b> AM: Assorted juices, Scrambled eggs</p> <p>PM: Water melon WGB</p>	<p><b>21</b> AM: Assorted Juices, French toast WGB</p> <p>PM: Chicken nuggets WGB</p>	<p><b>22</b> AM: Assorted Juices, Sausage gravy/biscuit WGB</p> <p>PM: Fresh fruit WGB</p>	<p><b>23</b> AM: Assorted Juices, Cheerios WGB</p> <p>PM: Tuna Fish Crackers WGB</p>	<p><b>24</b> AM: Assorted Juices, Waffles WGB</p> <p>PM: Animal crackers WGB</p>
<p><b>25&amp;26 Closed</b></p>	<p><b>27</b> AM: Assorted Juices, Waffles WGB</p> <p>PM: French fries WGB</p>	<p><b>28</b> AM: Assorted Juices, Hashbrowns WGB</p> <p>PM: Gold fish WGB</p>	<p><b>29</b> AM: Assorted Juices, Bananas and toast WGB</p> <p>PM: PBJ sandwich WGB</p>	<p><b>30</b> AM: Assorted Juices, French toast WGB</p> <p>PM: Meatballs WGB</p>	<p><b>31</b> AM: Assorted Juices, Cheerios WGB</p> <p>PM: Cheese crackers WGB</p>