

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

AUGUST 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
	3 AM: Assorted Juices, Waffles, WGB PM: Gold Fish crackers WGB	4 AM: Assorted Juices, Cheerios WGB PM: Cookies WGB	5 AM: Assorted Juices, Scrambled eggs, WGB PM: PBJ sandwich WGB	6 AM: Assorted Juices, Cheese Biscuits WGB PM: Yogurt WGB	7 AM: Assorted Juices, Sausage Gravy and Biscuits WGB PM: Animal crackers WGB
8&9 Closed	10 AM: Assorted Juices, Pancakes WGB PM: PBJ sandwich WGB	11 AM: Assorted Juices, Waffles, WGB PM: Fruit WGB	12 AM: Assorted Juices, Hard Boiled eggs WGB PM: Cheese crackers WGB	13 AM: Assorted Juices, Jelly toast WGB PM: Cookies WGB	14 AM: Assorted juices, Cheerios WGB PM: Gold fish crackers WGB
15&16 Closed	17 AM: Assorted Juices, Hard boiled eggs WGB PM: Popsicles WGB	18 AM: Assorted Juices, French toast WGB PM: PBJ sandwich WGB	19 AM: Assorted Juices, Cheerios WGB PM: Yogurt WGB	20 AM: Assorted Juices, Fried Apples, toast WGB PM: Gold fish crackers WGB	21 AM: Assorted Juices, Waffles WGB PM: Fruit WGB

<p>22&23 Closed</p>	<p>24 AM: Assorted juices, Sausage Gravy & Biscuits WGB</p> <p>PM: Yogurt WGB</p>	<p>25 AM: Assorted Juices, Waffles WGB</p> <p>PM: Gold fish crackers WGB</p>	<p>26 AM: Assorted Juices, Cheese Toast WGB</p> <p>PM: Fruit WGB</p>	<p>27 AM: Assorted Juices, Cheerios WGB</p> <p>PM: Cookies WGB</p>	<p>28 AM: Assorted Juices, French Toast WGB</p> <p>PM: PBJ Sandwich WGB</p>
<p>29&30 Closed</p>	<p>31 AM: Assorted Juices, Cheerios WGB</p> <p>PM: Gold Fish crackers WGB</p>				