

## ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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### BREAKFAST AND AFTERNOON SNACK MENUS

## NOVEMBER 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>2</b> <b>AM: Assorted Juices, Cheerios, WGB</b>  <b>PM: Cookies WGB</b>	<b>3</b> <b>AM: Assorted Juices, Hard boiled egg, toast with jelly WGB</b>  <b>PM: Vienna Sausages with crackers, WGB</b>	<b>4</b> <b>AM: Assorted Juices, Oatmeal, WGB</b>  <b>PM: Peanut butter crackers, WGB</b>	<b>5</b> <b>AM: Assorted Juices, Cheerios, WGB</b>  <b>PM: Yogurt WGB</b>	<b>6</b> <b>AM: Assorted Juices, Hashbrown casserole, WGB</b>  <b>PM: Gold Fish WGB</b>
<b>7 &amp; 8</b> <b>Closed</b>	<b>9</b> <b>AM: Assorted Juices, Cinnamon Toast WGB</b>  <b>PM: Graham crackers with Peanut Butter , WGB</b>	<b>10</b> <b>AM: Assorted Juices, French Toast, WGB</b>  <b>PM: Chocolate or vanilla pudding cups, WGB</b>	<b>11</b> <b>AM: Assorted Juices, Corn Flakes, WGB</b>  <b>PM: Apple sauce, WGB</b>	<b>12</b> <b>AM: Assorted Juices, Oatmeal, WGB</b>  <b>PM: Cheese crackers, WGB</b>	<b>13</b> <b>AM: Assorted juices, Scrambled eggs w/sausage, toast with jelly WGB</b>  <b>PM: Animal crackers, WGB</b>
<b>14 &amp; 15</b> <b>Closed</b>	<b>16</b> <b>AM: Assorted Juices, Jelly Biscuits, WGB</b>  <b>PM: Peanut Butter and Jelly sandwich, WGB</b>	<b>17</b> <b>AM: Assorted Juices, Cheerios, WGB</b>  <b>PM: Cookies WGB</b>	<b>18</b> <b>AM: Assorted Juices, Scrambled eggs &amp; jelly toast WGB</b>  <b>PM: Fruit cup WGB</b>	<b>19</b> <b>AM: Assorted Juices, Cinnamon Toast WGB</b>  <b>PM: Gold Fish crackers WGB</b>	<b>20</b> <b>AM: Assorted Juices, Sausage Gravy w/biscuits WGB</b>  <b>PM: Peanut Butter crackers WGB</b>

<b>21 &amp; 22 Closed</b>	<b>23</b> <b>AM: Assorted juices, Cheerios WGB</b>  <b>PM: Cheese crackers WGB</b>	<b>24</b> <b>AM: Assorted Juices, Waffles WGB</b>  <b>PM: Cookies WGB</b>	<b>25</b> <b>AM: Assorted Juices, Hashbrown casserole WGB</b>  <b>PM: Chocolate or vanilla pudding cups WGB</b>	<b>26</b>   <b>CLOSED FOR HOLIDAY</b>	<b>27</b>   <b>CLOSED FOR HOLIDAY</b>
<b>28 &amp; 29 Closed</b>	<b>30</b> <b>AM: Assorted Juices, Corn Flakes WGB</b>  <b>PM: Peanut Butter crackers WGB</b>				