

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

DECEMBER 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, WGB PM: Graham crackers with peanut butter WGB	2 AM: Assorted Juices, Hard boiled egg, toast w/jelly WGB PM: Vienna Sausages w/crackers WGB	3 AM: Assorted Juices, Oatmeal WGB PM: Peanut butter crackers WGB	4 AM: Assorted Juices, Hashbrown casserole, WGB PM: Gold Fish WGB
5 & 6 Closed	7 AM: Assorted Juices, Sausage Gravy w/biscuits WGB PM: Fruit cups WGB	8 AM: Assorted Juices, French Toast, WGB PM: Chocolate or vanilla pudding cups, WGB	9 AM: Assorted Juices, Corn Flakes, WGB PM: Graham crackers w/peanut butter WGB	10 AM: Assorted Juices, Oatmeal, WGB PM: Cheese crackers, WGB	11 AM: Assorted juices, Scrambled eggs w/sausage, toast with jelly WGB PM: Animal crackers, WGB
12 & 13 Closed	14 AM: Assorted Juices, Jelly Biscuits, WGB PM: Peanut butter crackers WGB	15 AM: Assorted Juices, Cheerios, WGB PM: Applesauce cup WGB	16 AM: Assorted Juices, Scrambled eggs & jelly toast WGB PM: Fruit cup WGB	17 AM: Assorted Juices, Cinnamon Toast WGB PM: Gold Fish crackers WGB	18 AM: Assorted Juices, Sausage Gravy w/biscuits WGB PM: Peanut Butter crackers WGB

19 & 20 Closed	21 AM: Assorted juices, Sausage biscuits WGB PM: Cheese crackers WGB	22 AM: Assorted Juices, Waffles WGB PM: Fruit popsicles WGB	23 AM: Assorted Juices, Hashbrown casserole WGB PM: Chocolate or vanilla pudding cups WGB	24 CLOSED FOR HOLIDAY	25 CLOSED FOR HOLIDAY
26 & 27 Closed	28 AM: Assorted Juices, Corn Flakes WGB PM: Peanut Butter crackers WGB	29 AM: Assorted Juices, French toast WGB PM: Applesauce cup WGB	30 AM: Assorted Juices, Hard boiled egg w/toast WGB PM: Cheese Its WGB	31 AM: Assorted Juices, Sausage biscuits WGB PM: Graham crackers, WGB	