

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

January 2021

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
9 & 10 Closed	11 AM: Assorted Juices, Cheerios Bananas WGB PM: Graham crackers with peanut butter WGB	12 AM: Assorted Juices, hard boiled eggs, toast with jelly WGB PM: Animal crackers WGB	13 AM: Assorted Juices, French toast WGB PM: Cheese Its WGB	14 AM: Assorted Juices, Sausage Biscuits Fried Apples WGB PM: Gold Fish WGB	15 AM: Assorted Juices, Corn Flakes WGB PM: Fruit Cup WGB
16 & 17 Closed	18 AM: Assorted Juices, Oatmeal Bananas WGB PM: Graham crackers with peanut butter WGB	19 AM: Assorted Juices, Sausage Gravy w/biscuits Applesauce Cups WGB PM: Gold Fish WGB	20 AM: Assorted Juices, Waffles, Fruit cup WGB PM: Animal Crackers WGB	21 AM: Assorted Juices, Hard boiled eggs, with toast with jelly WGB PM: Peanut Butter crackers, WGB	22 AM: Assorted juices, Cheerios, Bananas WGB PM: Yogurt WGB
23 & 24 Closed	25 AM: Assorted Juices, Scrambled eggs, w/toast & jelly WGB PM: Cheese crackers WGB	26 AM: Assorted Juices, Corn Flakes, Bananas WGB PM: Ice Cream Cup WGB	27 AM: Assorted Juices, Egg sausage burriots Fruit cup WGB PM: Graham cracker WGB	28 AM: Assorted Juices, French Toast, applesauce WGB PM: Yogurt WGB	29 AM: Assorted Juices, Cinnamon toast WGB PM: Animal crackers WGB
