

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

July 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 |
|----------------------------|---|---|--|--|---|
| | | | | 1 AM: Assorted Juices, BLT Sandwich Fried Apples WGB PM: Peanut butter Crackers WGB | 2 AM: Assorted Juices, Corn Flakes WGB PM: Goldfish WGB |
| 3&4 Closed | 5 Closed 4 th July Holiday | 6 AM: Assorted Juices, Sausage Gravy w/biscuits WGB PM: Animal Crackers WGB | 7 AM: Assorted Juices, Waffles Bananas WGB PM: Yogurt Cups | 8 AM: Assorted Juices, Eggs, with toast with jelly WGB PM: Fruit Cups WGB | 9 AM: Assorted juices, Cheerios, Bananas WGB PM: Graham Crackers w/peanut butter WGB |
| 10&11 Closed | 12 AM: Assorted Juices, Scrambled eggs, w/toast & jelly WGB PM: Cheese crackers WGB | 13 AM: Assorted Juices, Corn Flakes, Bananas WGB PM: Ice Cream Cup WGB | 14 AM: Assorted Juices, Egg sausage patties Fruit cup WGB PM: Cheez Its WGB | 15 AM: Assorted Juices, French Toast, Applesauce WGB PM: Popsicles WGB | 16 AM: Assorted Juices, Cinnamon toast WGB PM: Animal crackers WGB |

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| <p>17&18 Closed</p> | <p>19 AM: Assorted Juices, Cheerios Bananas WGB PM: Graham crackers with peanut butter WGB</p> | <p>20 AM: Assorted Juices, scrambled eggs, toast with jelly WGB PM: Fruit Popsicles WGB</p> | <p>21 AM: Assorted Juices, French toast WGB PM: Cheese Its WGB</p> | <p>22 AM: Assorted Juices, Sausage Biscuits Fried Apples WGB PM: Goldfish WGB</p> | <p>23 AM: Assorted Juices, Corn Flakes WGB PM: Fruit Cup WGB</p> |
| <p>24&25 Closed</p> | <p>26 AM: Assorted Juices, BLT Sandwich Mandarin Oranges WGB PM: Yogurt WGB</p> | <p>27 AM: Assorted Juices, Oatmeal, Bananas WGB PM: Animal Crackers WGB</p> | <p>28 AM: Assorted Juices, French toast sticks, Apple Sauce WGB PM: Cheez Its WGB</p> | <p>29 AM: Assorted Juices, Cinnamon Toast, Fried Apples PM: Peanut butter Crackers</p> | <p>30 AM: Assorted Juices, Scrambled Eggs, Toast PM: Popsicles</p> |
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