

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

November 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
	11/1 AM Assorted Juices WGB French Toast Sticks PM Animal Crackers WGB	11/2AM Assorted Juices WGB Scrambled Eggs Toast Strawberry Jelly PM Cheese Crackers WGB	11/3 AM Assorted Juices WGB Sausage Biscuit Fried Apples PM Graham Cracker w/ peanut butter WGB	11/4 AM Assorted Juices WGB Assorted Muffins PM Popsicles WGB	11/5 AM Assorted Juices WGB Hard Boiled Eggs Toast Jelly PM Cookies WGB
6&7 Closed	11/8 AM Assorted Juices WGB Sausage Gravy W/ Biscuit PM Rice Krispy Treats WGB	11/9 AM Assorted Juices WGB Waffles Fruit Cups PM Goldfish WGB	11/10 AM Assorted Juices WGB Oatmeal Bananas PM Peanut Butter Crackers WGB	11/11 AM Assorted Juices WGB Scrambled Eggs Sausage Toast PM Cupcakes WGB	11/12 AM Assorted Juices WGB Cinnamon Rasin Toast Applesauce PM Graham Crackers W/ Peanut butter WGB
13&14 Closed	11/15 AM Assorted Juices WGB Corn Flakes Bananas PM Yogurt WGB	11/16 AM Assorted Juices WGB Sausage Gravy and Biscuits PM Ice Cream Cups WGB	11/17 AM Assorted Juices WGB Hard Boiled Eggs Toast Jelly PM Animal Crackers WGB	11/18 AM Assorted Juices WGB BLT'S PM Rice Krispy Treats WGB	11/19 AM Assorted Juices WGB Jelly Biscuit PM Goldfish WGB
20&21 Closed	11/22 AM Assorted Juices WGB French Toast Sticks PM Peanut Butter Crackers WGB	11/23 AM Assorted Juices WGB Scrambled Eggs Toast & Jelly PM Animal Crackers	11/24 AM Assorted Juices WGB Cinnamon Buns PM Cookies WGB	11/25 THANKSGIVING BREAK	11/26 THANKSGIVING BREAK

27&28 Closed	11/29 AM Assorted Juices WGB Sausage Biscuits PM Popsicles WGB	11/30 AM Assorted Juices WGB Corn Flakes Bananas PM Cheese Crackers WGB			