

# ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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## BREAKFAST AND AFTERNOON SNACK MENUS

### DECEMBER 2019

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 Wheat Bread

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
Closed	<b>2</b> AM: Assorted Juices, Cheerios w/skim milk WGB  PM: Gold fish crackers WGB	<b>3</b> AM: Assorted Juices, Waffles WGB  PM: Tomato Soup w/crackers WGB	<b>4</b> AM: Assorted Juices, Oatmeal WGB  PM: Hot Ham and cheese sand. WGB	<b>5</b> AM: Assorted Juices, Toaster Strudel WGB  PM: Peanut butter crackers WGB	<b>6</b> AM: Assorted Juices, Fried Apples WGB  PM: Fruit Cocktail WGB
7 & 8 Closed	<b>9</b> AM: Assorted Juices, Sausage gravy biscuits WGB  PM: Pizza Rolls WGB	<b>10</b> AM: Assorted juices, Cheerios w/skim milk WGB  PM: Chicken Salad w/crackers WGB	<b>11</b> AM: Assorted juices, Hard boiled eggs w/toast WGB  PM: Turkey sandwiches WGB	<b>12</b> AM: Assorted juices, French toast WGB  PM: Chicken nuggets WGB	<b>13</b> AM: Assorted juices, Cheese toast WGB  PM: Cheese crackers WGB
14 & 15 Closed	<b>16</b> AM: Assorted Juices, Pancakes WGB  PM: Chicken Salad w/crackers WGB	<b>17</b> AM: Assorted juices, Oatmeal w/skim milk WGB  PM: Tuna Salad w/crackers WGB	<b>18</b> AM: Assorted juices, Scrambled eggs w/toast WGB  PM: Chips & Dip WGB	<b>19</b> AM: Assorted juices, Toaster strudles WGB  PM: Peanut butter sandwich WGB	<b>20</b> AM: Assorted Juices, Cheerios WGB  PM: Fruit/cake WGB
21 & 22 Closed	<b>23</b> AM: Assorted juices, Waffles WGB  PM: Gold Fish WGB	<b>24</b> AM: Assorted juices, Cheerios WGB  PM: Fish Sticks WGB	<b>25</b> Closed for Holiday	<b>26</b> Closed for Holiday	<b>27</b> AM: Assorted juices, French toast WGB  PM: Gold Fish

<b>28 &amp; 29 Closed</b>	<b>30 AM: Assorted juices, Cheerios WGB  PM: Chicken nuggets WGB</b>	<b>31 AM: Assorted juices, Sausage gravy biscuits  PM: Chicken salad w/cracker WGB</b>			
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