

ADULT CARE CENTRE OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

BREAKFAST AND AFTERNOON MEAL MENU

Saturday/Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
/2 Closed	2. AM: Hard Boil Eggs PM: Shrimp Sandwich	3. AM: Cinnamon French Toast PM: Macaroni Salad	4. AM: Oats Meal with Raisin PM: Meat Ball with Marinara Sauce	5. AM: Waffle with Syrup PM: Tomato Soup with Cracker	6. AM: Rectangle Hash Brown PM: Pimento Cheese Sandwich
7/8 Closed	9. AM: Strawberry Jelly Toast PM: Turkey and Cheese Sandwich	10. AM: Pan Cake PM: Crumb cake	11. AM: Scrambled Cheesy Eggs PM: Rice Pudding	12. AM: Grape Jelly Toast PM: Mini Sloppy Joe	13. AM: Strata PM: Bologna Cheese Sandwich
14/15 Closed	16. AM: English Muffin and Pouch Egg PM: Ham and Cheese Sandwich	17. AM: Apple Butter Toast PM: Muffins	18. AM: Breakfast Pizza PM: Fruits Cup and Gold Fish	19. AM: Cinnamon French Toast PM: Danish Ring	20. AM: Peanut Butter Toast PM: Shrimp Sandwich
21/22 Closed	23. AM: Waffle with Syrup PM: Chicken Salad Sandwich	24. AM: Quiche PM: Pepperoni Pizza	25. AM: Biscuits With Gravy PM: Chicken Noodles Soup	26. AM: Cinnamon Raisin Toast PM: Ice Cream Sandwich	27. AM: Hard Boil Eggs PM: Turkey Cheese Sandwich
28/29 Closed	30. AM: Hard Boil EGG PM: Pimento Cheese Sandwich	31. AM: Biscuits Cheese and Sausages PM: Potato salad Cups	October, 2017 Serving in Every Meals Juices: Orange/Grape/Apple Milk: Skim milk Other Drinks: Coffee/Tea		

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