

# 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



Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
31/1 Closed	2. AM: Fried Apples  PM: Peanut Butter and Jelly Sandwiches	3. AM: Boiled Eggs  PM: Tater Tots	4. AM: Biscuits with Gravy  PM: Jell-O with Fruit	5. AM: Cereal with Milk  PM: Cheese and Crackers	6. AM: French Toast  PM: Mini Pizza's
7/8 Closed	9. AM: Oatmeal  PM: Brownies	10. AM: Pancakes  PM: Tuna Salad	11. AM: Spinach Quiche  PM: Turkey Sandwiches	12. AM: Blueberry Muffins  PM: Soup and Grilled Cheese	13. AM: Scrambled Eggs  PM: Fruit Cups
14/15 Closed	16. AM: Warm Applesauce  PM: Cookies	17. AM: Fried Apples  PM: Pudding	18. AM: Tater Tots  PM: Sloppy Joe	19. AM: Cereal and Milk  PM: Jello-O	20. AM: Waffles  PM: Graham Crackers w/Peanut Butter
21/22 Closed	23. AM: Toast with Jelly  PM: Sliders	24. AM: Biscuits with Gravy  PM: Angel Food Cake with Cool Whip	25. AM: Oatmeal  PM: Fruit Salad	26. AM: Pancakes with Syrup  PM: Mac n Cheese	27. AM: Cereal  PM: Potato Salad
28/29 Closed	30. AM: Scrambled Eggs  PM: Sandwiches	Serving with Every Meal Juices: Orange, Grape, Apple Drinks: Milk, Coffee			