



# Gary and Mary West Senior Wellness Center

## Breakfast Menu - **April** 2017

Denotes Meal is High in Sodium



					<b>Saturday</b> <b>4/1/2017</b> Sausage/Grits Quiche Wheat Bran Cereal Multi Grain Bread Mixed Fruit
<b>Monday</b> <b>4/3/2017</b> Cheese Grits Turkey Sausage Patty Multi Grain Bread Applesauce	<b>Tuesday</b> <b>4/4/2017</b> Scrambled Eggs French Toast Peaches & Mandarin Oranges	<b>Wednesday</b> <b>4/5/2017</b> Egg Patty Turkey Ham Biscuit Tropical Fruit	<b>Thursday</b> <b>4/6/2017</b> Breaded Chicken Patty Biscuit Wheat Bran Cereal Seasonal Fruit	<b>Friday</b> <b>4/7/2017</b> Breakfast Casserole Crispy Cubed Potatoes Raisin Bran Cereal Fresh Orange	<b>Saturday</b> <b>4/8/2017</b> Cottage Cheese Seasonal Fruit Bran Muffin Oatmeal
<b>Monday</b> <b>4/10/2017</b> Cottage Cheese Mixed Fruit Raisin Bran Cereal Multi Grain Bread	<b>Tuesday</b> <b>4/11/2017</b> Breakfast Casserole Cheese Grits Seasonal Fruit	<b>Wednesday</b> <b>4/12/2017</b> Scrambled Eggs Turkey Sausage Link Flour Tortilla Tropical Fruit	<b>Thursday</b> <b>4/13/2017</b> Grits Turkey Ham Biscuit Mandarin Oranges & Pineapple	<b>Friday</b> <b>4/14/2017</b> Sausage & Gravy Biscuit Wheat Bran Cereal Seasonal Fruit	<b>Saturday</b> <b>4/15/2017</b> Hard Boiled Egg Peanut Butter Bagel Seasonal Fruit
<b>Monday</b> <b>4/17/2017</b> Peanut Butter Bagel String Cheese Oatmeal Seasonal Fruit	<b>Tuesday</b> <b>4/18/2017</b> Turkey Ham Sliced Cheese English Muffin Tropical Fruit	<b>Wednesday</b> <b>4/19/2017</b> Breaded Chicken Patty Biscuit Special K Cereal Fresh Banana	<b>Thursday</b> <b>4/20/2017</b> Egg Patty Sausage Patty English Muffin Seasonal Fruit	<b>Friday</b> <b>4/21/2017</b> Mexican Scrambled Eggs Refried Beans Flour Tortilla Raisin Bran Cereal Tropical Fruit	<b>Saturday</b> <b>4/22/2017</b> Breakfast Ham Casserole Crispy Cubed Potatoes Fresh Banana
<b>Monday</b> <b>4/24/2017</b> Cheese Omelet Turkey Sausage Links Multi Grain Bread Seasonal Fruit	<b>Tuesday</b> <b>4/25/2017</b> Breakfast Casserole Raisin Bran Cereal Tropical Fruit	<b>Wednesday</b> <b>4/26/2017</b> Cottage Cheese Mixed Fruit Banana Nut Muffin Wheat Bran Cereal	<b>Thursday</b> <b>4/27/2017</b> Scrambled Eggs Buttermilk Pancakes Tropical Fruit	<b>Friday</b> <b>4/28/2017</b> Hard Boiled Egg Peanut Butter Bagel Oatmeal Seasonal Fruit	<b>Saturday</b> <b>4/29/2017</b> Beef Hash Scrambled Eggs Multi Grain Bread Tropical Fruit

### HOURS

Monday - Friday: 7:00 AM - 4:00 PM      Saturday & Sunday: 8:00 AM - 2:00 PM

### MEAL TIMES

*\*Door closes at lunchtime listed or earlier if Dining Room is full.*

#### Monday - Friday

#### Saturday

#### Sunday

Breakfast: 7:00 AM - 8:30 AM  
 1st lunch: 11:00 AM  
 2nd lunch: 12:15 PM  
 3rd lunch: 1:15 PM - 1:45 PM

Breakfast: 8:00 AM - 9:00 AM  
 1st lunch: 11:30 AM  
 2nd lunch: 12:45 PM - 1:15 PM

Brunch: 11:00 AM  
 Lunch: 12:00 PM - 12:30 PM