





# Gary and Mary West Senior Wellness Center

## Breakfast Menu - May 2017

 Denotes Meal is High in Sodium



Monday 5/1/2017	Tuesday 5/2/2017	Wednesday 5/3/2017	Thursday 5/4/2017	Friday 5/5/2017	Saturday 5/6/2017
Peanut Butter String Cheese English Muffin Oatmeal Fresh Orange	Sausage & Gravy Biscuit Raisin Bran Cereal Mandarin Oranges & Pineapple	Cheese Omelet Turkey Sausage Link Flour Tortilla Black Beans Seasonal Fruit	Cottage Cheese Mixed Fruit French Toast Raisin Bran Cereal	Breakfast Ham Casserole Cheese Grits Tropical Fruit	Scrambled Eggs Crispy Cubed Potatoes Multi Grain Bread Seasonal Fruit
<b>+</b> Monday 5/8/2017	Tuesday 5/9/2017	Wednesday 5/10/2017	Thursday 5/11/2017	Friday 5/12/2017	Saturday 5/13/2017
Egg Patty Sliced Cheese Turkey Sausage Patty English Muffin Mandarin Oranges	Breakfast Burrito O'Brien Potatoes Seasonal Fruit	Turkey Sausage Links Buttermilk Pancakes Tropical Fruit	Beef Hash Scrambled Eggs Biscuit Mixed Fruit	Breaded Chicken Patty Biscuit Raisin Bran Cereal Seasonal Fruit	Sausage/Grits Quiche Wheat Bran Cereal Multi Grain Bread Mixed Fruit
Monday 5/15/2017	Tuesday 5/16/2017	Wednesday 5/17/2017	Thursday 5/18/2017	Friday 5/19/2017	Saturday 5/20/2017
Cheese Grits Turkey Sausage Patty Multi Grain Bread Applesauce	Scrambled Eggs French Toast Peaches & Mandarin Oranges	Egg Patty Turkey Ham Biscuit Tropical Fruit	Breaded Chicken Patty Biscuit Wheat Bran Cereal Seasonal Fruit	Breakfast Casserole Crispy Cubed Potatoes Raisin Bran Cereal Fresh Orange	Cottage Cheese Seasonal Fruit Bran Muffin Oatmeal
Monday 5/22/2017	Tuesday 5/23/2017	Wednesday 5/24/2017	Thursday 5/25/2017	Friday 5/26/2017	Saturday 5/27/2017
Cottage Cheese Mixed Fruit Raisin Bran Cereal Multi Grain Bread	Breakfast Casserole Cheese Grits Seasonal Fruit	Scrambled Eggs Turkey Sausage Link Flour Tortilla Tropical Fruit	Grits Turkey Ham Biscuit Mandarin Oranges & Pineapple	Sausage & Gravy Biscuit Wheat Bran Cereal Seasonal Fruit	Hard Boiled Egg Peanut Butter Bagel Seasonal Fruit
Monday 5/29/2017	Tuesday 5/30/2017	Wednesday 5/31/2017	  		
Peanut Butter Bagel String Cheese Oatmeal Seasonal Fruit	Turkey Ham Sliced Cheese English Muffin Tropical Fruit	Breaded Chicken Patty Biscuit Special K Cereal Fresh Banana			



### 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

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

#### Saturday

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

#### Sunday

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





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