



Gary and Mary West Senior Wellness Center

Breakfast Menu - **AUGUST** 2017



 Denotes Meal is High in Sodium

	Tuesday 8/1/2017 	Wednesday 8/2/2017	Thursday 8/3/2017	Friday 8/4/2017 	Saturday 8/5/2017 
	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 8/7/2017	Tuesday 8/8/2017	Wednesday 8/9/2017 	Thursday 8/10/2017 	Friday 8/11/2017 	Saturday 8/12/2017
Cheese Grits Turkey Sausage Patty Multi Grain Bread Applesauce 	Scrambled Eggs French Toast Peaches & Mandarin Orange 	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 Mixed Fruit Bran Muffin Oatmeal 
Monday 8/14/2017	Tuesday 8/15/2017 	Wednesday 8/16/2017	Thursday 8/17/2017	Friday 8/18/2017	Saturday 8/19/2017 
Cottage Cheese Mixed Fruit Raisin Bran Cereal Multi Grain Bread 	Grits Turkey Ham Biscuit Fresh Orange 	Scrambled Eggs Turkey Sausage Link Flour Tortilla Tropical Fruit	Breakfast Casserole Cheese Grits Seasonal Fruit 	Hard Boiled Egg Peanut Butter Bagel Seasonal Fruit	Sausage & Gravy Biscuit Wheat Bran Cereal Seasonal Fruit 
Monday 8/21/2017	Tuesday 8/22/2017 	Wednesday 8/23/2017 	Thursday 8/24/2017	Friday 8/25/2017 	Saturday 8/26/2017
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	Egg Patty Sausage Patty English Muffin Seasonal Fruit 	Mexican Scrambled Eggs Refried Beans Flour Tortilla Raisin Bran Cereal Fresh Orange	Breakfast Ham Casserole Crispy Cubed Potatoes Tropical Fruit 
Monday 8/28/2017 	Tuesday 8/29/2017	Wednesday 8/30/2017	Thursday 8/31/2017		
Cheese Omelet Turkey Sausage Links Multi Grain Bread Seasonal Fruit	Breakfast Casserole Raisin Bran Cereal Tropical Fruit  	Cottage Cheese Mixed Fruit Banana Nut Muffin Wheat Bran Cereal 	Scrambled Eggs Buttermilk Pancakes 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

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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