





























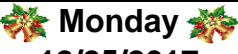









Gary and Mary West Senior Wellness Center

Breakfast Menu - **DECEMBER** 2017



 Denotes Meal is High in Sodium

 <p>Tis the Season to be Jolly...</p> 				Friday 12/1/2017 	Saturday 12/2/2017 
				Breakfast Ham Casserole Cheese Grits Whole Wheat Bread Tropical Fruit 	Breaded Chicken Patty Biscuit Bran Flakes Cereal Seasonal Fruit 
Monday 12/4/2017	Tuesday 12/5/2017 	Wednesday 12/6/2017	Thursday 12/7/2017	Friday 12/8/2017 	Saturday 12/9/2017 
Egg Patty Swiss Cheese Turkey Sausage Patty English Muffin Mandarin Oranges	Breakfast Burrito O'Brien Potatoes Cheerios Cereal Seasonal Fruit 	Turkey Sausage Links Whole Grain Pancakes Tropical Fruit 	Beef Hash Scrambled Eggs Whole Wheat Bread Mixed Fruit 	Breaded Chicken Patty Biscuit Raisin Bran Cereal Seasonal Fruit 	Sausage & Grits Quiche Wheat Bran Cereal Multi Grain Bread Mixed Fruit 
Monday 12/11/2017	Tuesday 12/12/2017	Wednesday 12/13/2017 	Thursday 12/14/2017 	Friday 12/15/2017 	Saturday 12/16/2017
Cheese Grits Turkey Sausage Patty Multi Grain Bread Applesauce 	Scrambled Eggs French Toast Peaches & Mandarin Oranges 	Egg Patty Turkey Ham English Muffin 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 Whole Wheat Bread Oatmeal 
Monday 12/18/2017	Tuesday 12/19/2017 	Wednesday 12/20/2017	Thursday 12/21/2017	Friday 12/22/2017	Saturday 12/23/2017 
Cottage Cheese Mixed Fruit Raisin Bran Cereal Multi Grain Bread 	Grits Turkey Ham English Muffin Mandarin Oranges 	Scrambled Eggs Turkey Sausage Link Whole Wheat Bread Wheat Bran Cereal Tropical Fruit	Breakfast Casserole Cheese Grits Whole Wheat Bread Seasonal Fruit 	Hard Boiled Egg Peanut Butter Bagel Cheerios Cereal Seasonal Fruit	Sausage & Gravy Biscuit Wheat Bran Cereal Seasonal Fruit 
 Monday 12/25/2017	Tuesday 12/26/2017	Wednesday 12/27/2017 	Thursday 12/28/2017	Friday 12/29/2017 	Saturday 12/30/2017
Center open 10:00 - 2:00 Lunch served at 11:30 and 12:45 	Breaded Chicken Patty Biscuit Cheerios Cereal Fresh Orange 	Turkey Ham Swiss Cheese English Muffin Seasonal Fruit 	Egg Patty Sausage Patty English Muffin Seasonal Fruit 	Mexican Scrambled Eggs Refried Beans Flour Tortilla Raisin Bran Cereal Fresh Banana	Breakfast Ham Casserole Crispy Cubed Potatoes 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



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