



# Gary and Mary West Senior Wellness Center

## Breakfast Menu - February 2018



 Denotes Meal is High in Sodium

Black History Month			Thursday 2/1/2018	Friday 2/2/2018 	Saturday 2/3/2018 
			Breakfast Casserole Cheese Grits Whole Wheat Bread Seasonal Fruit 	Hard Boiled Egg Peanut Butter  Bagel Bran Flakes Cereal Seasonal Fruit	Sausage & Gravy Biscuit Wheat Bran Cereal Seasonal Fruit 
Monday 2/5/2018	Tuesday 2/6/2018 	Wednesday 2/7/2018	Thursday 2/8/2018 	Friday 2/9/2018	Saturday 2/10/2018
String Cheese Peanut Butter  Bagel Oatmeal Seasonal Fruit	Breaded Chicken Patty Biscuit Bran Flakes Cereal Seasonal Fruit 	Cheese Omelet Turkey Ham Multi-Grain Bread Tropical Fruit 	Egg Patty Turkey Sausage Patty Sliced Cheese W.W. English Muffin Seasonal Fruit	Beef Hash Scrambled Eggs Multi-Grain Bread Mixed Fruit 	Breakfast Ham Casserole O'Brien Potatoes Whole Wheat Bread Tropical Fruit 
Monday 2/12/2018 	Tuesday 2/13/2018	Wednesday 2/14/2018	Thursday 2/15/2018	Friday 2/16/2018	Saturday 2/17/2018
Cheese Omelet Turkey Sausage Links Whole Wheat Bread Seasonal Fruit 	Breakfast Casserole O'Brien Potatoes Raisin Bran Cereal Tropical Fruit 	Cottage Cheese Mixed Fruit Banana Nut Muffin Bran Flakes Cereal 	Scrambled Eggs Whole Grain Pancakes Seasonal Fruit 	Hard Boiled Egg Peanut Butter  Bagel  Oatmeal Seasonal Fruit	Beef Hash Scrambled Eggs Whole Wheat Bread Tropical Fruit 
Monday 2/19/2018 	Tuesday 2/20/2018	Wednesday 2/21/2018	Thursday 2/22/2018	Friday 2/23/2018 	Saturday 2/24/2018 
Sausage & Gravy Biscuit Raisin Bran Cereal Fresh Orange 	Peanut Butter String Cheese W.W. English Muffin Oatmeal Tropical Fruit	Breakfast Ham Casserole Grits Whole Wheat Bread Seasonal Fruit	Cottage Cheese Mixed Fruit French Toast 	Cheese Omelet Turkey Sausage Links Whole Wheat Bread Seasonal Fruit 	Breaded Chicken Patty Biscuit Bran Flakes Cereal Seasonal Fruit 
Monday 2/26/2018	Tuesday 2/27/2018 	Wednesday 2/28/2018			
Egg Patty Turkey Sausage Patty W.W. English Muffin Tropical Fruit 	Breakfast Burrito O'Brien Potatoes Whole Wheat Bread Seasonal Fruit Taco Sauce	Turkey Sausage Links Whole Grain Pancakes Tropical Fruit 	 <p>Year of the Dog</p>		

### 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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