



Gary and Mary West Senior Wellness Center

Breakfast Menu - **MARCH** 2018



Denotes Meal is High in Sodium

			Thursday 3/1/2018	Friday 3/2/2018	Saturday 3/3/2018
			Beef Hash Scrambled Eggs Cheese Grits Mixed Fruit 	Breaded Chicken Patty W.W. English Muffin Cinnamon Toasters Cereal Seasonal Fruit 	Sausage & Grits Quiche Wheat Bran Cereal Mixed Fruit
Monday 3/5/2018	Tuesday 3/6/2018	Wednesday 3/7/2018	Thursday 3/8/2018	Friday 3/9/2018	Saturday 3/10/2018
Cheese Omelet Turkey Sausage Patty Whole Wheat Bread Applesauce 	Scrambled Eggs W.W. French Toast Grits Applesauce	Egg Patty Turkey Ham Sliced Cheese W.W. English Muffin Tropical Fruit	Breaded Chicken Patty Biscuit Bran Flakes Cereal Seasonal Fruit 	Breakfast Casserole Grits Whole Wheat Bread Fresh Orange	Cottage Cheese Mixed Fruit Whole Wheat Bread Raisin Bran Cereal
Monday 3/12/2018	Tuesday 3/13/2018	Wednesday 3/14/2018	Thursday 3/15/2018	Friday 3/16/2018	Saturday 3/17/2018
Scrambled Eggs O'Brien Potatoes Whole Wheat Bread Tropical Fruit 	Turkey Ham Sliced Cheese W.W. English Muffin Grits Applesauce 	Cottage Cheese Mixed Fruit W.W. French Toast 	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 3/19/2018	Tuesday 3/20/2018	Wednesday 3/21/2018	Thursday 3/22/2018	Friday 3/23/2018	Saturday 3/24/2018
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 3/26/2018	Tuesday 3/27/2018	Wednesday 3/28/2018	Thursday 3/29/2018	Friday 3/30/2018	Saturday 3/31/2018
Cheese Omelet Turkey Sausage Links Whole Wheat Bread Seasonal Fruit 	Breakfast Casserole O'Brien Potatoes Raisin Bran Cereal Tropical Fruit	Cottage Cheese Mixed Fruit Blueberry 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

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

Breakfast: 8:00 AM - 9:00 AM

Brunch: 11:00 AM

1st lunch: 11:00 AM

1st lunch: 11:30 AM

Lunch: 12:00 PM - 12:30 PM

2nd lunch: 12:15 PM

2nd lunch: 12:45 PM - 1:15 PM

3rd lunch: 1:15 PM - 1:45 PM



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