



Gary and Mary West Senior Wellness Center

Breakfast Menu - APRIL 2018



 Denotes Meal is High in Sodium

Monday 4/2/2018 	Tuesday 4/3/2018	Wednesday 4/4/2018	Thursday 4/5/2018	Friday 4/6/2018	Saturday 4/7/2018 
Sausage & Gravy Biscuit Bran Flakes Cereal Fresh Orange 	Peanut Butter String Cheese English Muffin Oatmeal Tropical Fruit	Breakfast Ham Casserole Cheese Grits Seasonal Fruit 	Cottage Cheese Mixed Fruit French Toast 	Cheese Omelet Turkey Sausage Links Whole Wheat Bread Cranberry Cocktail Juice 	Scrambled Eggs Crispy Cubed Potatoes Multi-Grain Bread Seasonal Fruit 
Monday 4/9/2018	Tuesday 4/10/2018 	Wednesday 4/11/2018	Thursday 4/12/2018	Friday 4/13/2018	Saturday 4/14/2018
Egg Patty Turkey Sausage Patty English Muffin Tropical Fruit	Breakfast Burrito O'Brien Potatoes Whole Wheat Bread Seasonal Fruit 	Turkey Sausage Links Whole Grain Pancakes Tropical Fruit 	Beef Hash Scrambled Eggs Cheese Grits Cranberry Cocktail Juice 	Breaded Chicken Patty English Muffin Cinnamon Toasters Cereal Seasonal Fruit 	Sausage & Grits Quiche Wheat Bran Cereal Mixed Fruit 
Monday 4/16/2018	Tuesday 4/17/2018	Wednesday 4/18/2018 	Thursday 4/19/2018	Friday 4/20/2018	Saturday 4/21/2018
Sausage & Grits Quiche Multi-Grain Bread Applesauce 	Scrambled Eggs French Toast Orange Juice 	Breaded Chicken Patty Biscuit Bran Flakes Cereal Seasonal Fruit	Egg Patty Turkey Ham Sliced Cheese English Muffin Tropical Fruit	Breakfast Casserole Cheese Grits Fresh Orange 	Cottage Cheese Mixed Fruit Whole Wheat Bread Raisin Bran Cereal
Monday 4/23/2018	Tuesday 4/24/2018 	Wednesday 4/25/2018	Thursday 4/26/2018	Friday 4/27/2018	Saturday 4/28/2018 
Scrambled Eggs O'Brien Potatoes Whole Wheat Bread Tropical Fruit	Turkey Ham Sliced Cheese English Muffin Grits  Applesauce	Cottage Cheese Mixed Fruit French Toast 	Breakfast Casserole Cheese Grits Seasonal Fruit 	Hard Boiled Egg Peanut Butter Bagel Bran Flakes Cereal Seasonal Fruit	Sausage & Gravy Biscuit Wheat Bran Cereal Seasonal Fruit 
 Monday 4/30/2018	  				
String Cheese Peanut Butter English Muffin Oatmeal Seasonal 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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