



Gary and Mary West Senior Wellness Center

Breakfast Menu - **MAY** 2018



 Denotes Meal is High in Sodium

	Tuesday 5/1/2018 	Wednesday 5/2/2018	Thursday 5/3/2018 	Friday 5/4/2018	Saturday 5/5/2018
	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 Whole Wheat Bread Cranberry Cocktail Juice 	Breakfast Ham Casserole O'Brien Potatoes Tropical Fruit 
Monday 5/7/2018 	Tuesday 5/8/2018	Wednesday 5/9/2018	Thursday 5/10/2018	Friday 5/11/2018	Saturday 5/12/2018
Cheese Omelet Turkey Sausage Links Whole Wheat Bread Cranberry Cocktail Juice	Breakfast Casserole O'Brien Potatoes Raisin Bran Cereal Tropical Fruit 	Cottage Cheese Mixed Fruit Bran Flakes Cereal Blueberry Muffin	Scrambled Eggs Whole Grain Pancakes Seasonal Fruit 	Hard Boiled Egg Peanut Butter Bagel Bran Flakes Cereal Seasonal Fruit	Beef Hash Scrambled Eggs Whole Wheat Bread Tropical Fruit 
Monday 5/14/2018 	Tuesday 5/15/2018	Wednesday 5/16/2018	Thursday 5/17/2018	Friday 5/18/2018 	Saturday 5/19/2018
Sausage & Gravy Biscuit Bran Flakes Cereal Fresh Orange 	Peanut Butter String Cheese W.W. English Muffin Oatmeal Tropical Fruit	Breakfast Ham Casserole Cheese Grits Seasonal Fruit 	Cottage Cheese Mixed Fruit W.W. French Toast 	Cheese Omelet Turkey Sausage Links Whole Wheat Bread Cranberry Cocktail Juice 	Scrambled Eggs Crispy Cubed Potatoes Multi-Grain Bread Seasonal Fruit
Monday 5/21/2018	Tuesday 5/22/2018 	Wednesday 5/23/2018	Thursday 5/24/2018	Friday 5/25/2018	Saturday 5/26/2018
Egg Patty Turkey Sausage Patty W.W. 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 W.W. English Muffin Cinnamon Toasters Cereal Seasonal Fruit 	Sausage & Grits Quiche Wheat Bran Cereal Mixed Fruit 
Monday 5/28/2018	Tuesday 5/29/2018	Wednesday 5/30/2018 	Thursday 5/31/2018		
Sausage & Grits Quiche Multi-Grain Bread Applesauce 	Scrambled Eggs W.W. French Toast Orange Juice 	Breaded Chicken Patty Biscuit Bran Flakes Cereal Seasonal Fruit 	Egg Patty Turkey Ham Sliced Cheese W.W. English Muffin 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

1st lunch: 11:00 AM
 2nd lunch: 12:00 PM - 12:30 PM



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