



Gary and Mary West Senior Wellness Center

Breakfast Menu - **JUNE** 2018



 Denotes Meal is High in Sodium

| | | | | | |
|---|---|--|---|---|---|
|    | | | | Friday 6/1/2018 | Saturday 6/2/2018 |
| | | | | Breakfast Casserole Cheese Grits Fresh Orange  | Cottage Cheese Mixed Fruit Whole Wheat Bread Raisin Bran Cereal |
| Monday 6/4/2018 | Tuesday 6/5/2018  | Wednesday 6/6/2018 | Thursday 6/7/2018 | Friday 6/8/2018 | Saturday 6/9/2018  |
| 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 Seasonal Fruit  | Hard Boiled Egg Peanut Butter Bagel Bran Flakes Cereal Seasonal Fruit | Sausage & Gravy Biscuit Wheat Bran Cereal Seasonal Fruit  |
| Monday 6/11/2018 | Tuesday 6/12/2018  | Wednesday 6/13/2018 | Thursday 6/14/2018  | Friday 6/15/2018 | Saturday 6/16/2018 |
| String Cheese Peanut Butter W.W. English Muffin 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 Whole Wheat Bread Cranberry Cocktail Juice  | Breakfast Ham Casserole O'Brien Potatoes Tropical Fruit  |
| Monday 6/18/2018  | Tuesday 6/19/2018 | Wednesday 6/20/2018 | Thursday 6/21/2018 | Friday 6/22/2018 | Saturday 6/23/2018 |
| 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 Blueberry Muffin Bran Flakes Cereal  | 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 6/25/2018  | Tuesday 6/26/2018 | Wednesday 6/27/2018 | Thursday 6/28/2018 | Friday 6/29/2018  | Saturday 6/30/2018 |
| 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 |



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

