



Gary and Mary West Senior Wellness Center

Breakfast Menu - FEBRUARY 2019



鈉含量高的早餐



				Friday 2/1/2019 Cheese Omelet Turkey Ham 	Saturday 2/2/2019 Breakfast Ham Casserole Cheese Grits
Monday 2/4/2019 Egg Patty Turkey Sausage Patty 	Tuesday 2/5/2019 Breakfast Burrito O'Brien Potatoes 	Wednesday 2/6/2019 Turkey Sausage Links Whole Grain Pancakes 	Thursday 2/7/2019 Beef Hash Scrambled Eggs 	Friday 2/8/2019 Breaded Chicken Patty W.W. English Muffin 	Saturday 2/9/2019 Sausage & Grits Quiche Wheat Bran Cereal
Monday 2/11/2019 Egg & Cheese Sliders Turkey Sausage Patty 	Tuesday 2/12/2019 Scrambled Eggs W.W. French Toast 	Wednesday 2/13/2019 Breaded Chicken Patty W.W. English Muffin 	Thursday 2/14/2019 Egg Patty Turkey Ham 	Friday 2/15/2019 Breakfast Casserole Cheese Grits 	Saturday 2/16/2019 Cottage Cheese Mixed Fruit
Monday 2/18/2019 Scrambled Eggs O'Brien Potatoes 	Tuesday 2/19/2019 Cottage Cheese W.W. French Toast 	Wednesday 2/20/2019 Turkey Ham Oatmeal 	Thursday 2/21/2019 Breakfast Casserole Cheese Grits 	Friday 2/22/2019 Hard Boiled Egg Bagel 	Saturday 2/23/2019 Sausage & Gravy Biscuit
Monday 2/25/2019 Breaded Chicken Patty W.W. English Muffin 	Tuesday 2/26/2019 Cheese Omelet Strawberry Yogurt 	Wednesday 2/27/2019 Beef Hash Scrambled Eggs 	Thursday 2/28/2019 String Cheese Biscuit 	<p>Black History Month</p>	

時間

週一 - 週五: 7:00 AM - 4:00 PM 週六 & 週天: 8:00 AM - 2:00 PM

用餐時間

*如果餐廳已滿或者以上午餐時間，門將關閉。

週一 - 週五

早餐: 7:00 AM - 8:30 AM
 第一個午餐: 11:00 AM
 第二個午餐: 12:15 PM
 第三個午餐: 1:15 PM - 1:45 PM

週六

早餐: 8:00 AM - 9:00 AM
 第一個午餐: 11:00 AM
 第二個午餐: 12:15 PM - 1:15 PM

週天

早午餐: 11:00 AM
 午餐: 12:15 PM - 1:15 PM

