



Gary and Mary West Senior Wellness Center

Breakfast Menu - FEBRUARY 2019



Denotes Meal is High in Sodium



				Friday 2/1/2019 Cheese Omelet Turkey Ham Multi-Grain Bread Tropical Fruit 	Saturday 2/2/2019 Breakfast Ham Casserole Cheese Grits Mixed Fruit
Monday 2/4/2019 	Tuesday 2/5/2019 	Wednesday 2/6/2019	Thursday 2/7/2019	Friday 2/8/2019	Saturday 2/9/2019
Egg Patty Turkey Sausage Patty Sliced Cheese W.W. English Muffin Seasonal Fruit	Breakfast Burrito O'Brien Potatoes Whole Wheat Bread Seasonal Fruit Taco Sauce 	Turkey Sausage Links Whole Grain Pancakes Peanut Butter Mandarin Oranges & Pears	Beef Hash Scrambled Eggs Cheese Grits Cranberry Cocktail Juice	Breaded Chicken Patty W.W. English Muffin Cinnamon Toasters Cereal Mixed Fruit 	Sausage & Grits Quiche Wheat Bran Cereal Seasonal Fruit
Monday 2/11/2019 	Tuesday 2/12/2019	Wednesday 2/13/2019	Thursday 2/14/2019 	Friday 2/15/2019	Saturday 2/16/2019
Egg, Cheese, Eng. Muffin Turkey Sausage Patty O'Brien Potatoes Raisin Bran Cereal Seasonal Fruit	Scrambled Eggs W.W. French Toast Seasonal Fruit Pancake Syrup 	Breaded Chicken Patty W.W. English Muffin Bran Flakes Cereal Orange Juice	Egg Patty Turkey Ham Bagel Toasty O's Cereal Strawberry Pineapple 	Breakfast Casserole Cheese Grits Fresh Orange 	Cottage Cheese Mixed Fruit Whole Wheat Bread Raisin Bran Cereal
Monday 2/18/2019	Tuesday 2/19/2019	Wednesday 2/20/2019 	Thursday 2/21/2019	Friday 2/22/2019	Saturday 2/23/2019
Scrambled Eggs O'Brien Potatoes Whole Wheat Bread Seasonal Fruit 	Cottage Cheese Mixed Fruit W.W. French Toast Pancake Syrup	Turkey Ham Sliced Cheese W.W. English Muffin Cranapple Oatmeal Seasonal Fruit	Breakfast Casserole Cheese Grits Mixed Fruit 	Hard Boiled Egg Peanut Butter Bagel Bran Flakes Cereal Seasonal Fruit 	Sausage & Gravy Biscuit Wheat Bran Cereal Rosy Applesauce
Monday 2/25/2019	Tuesday 2/26/2019	Wednesday 2/27/2019	Thursday 2/28/2019 		
Breaded Chicken Patty W.W. English Muffin Bran Flakes Seasonal Fruit 	Cheese Omelet Strawberry Yogurt Oatmeal Seasonal Fruit 	Beef Hash Scrambled Eggs Whole Wheat Bread Cranberry Cocktail Juice	String Cheese Peanut Butter Biscuit Raisin Bran Cereal Seasonal Fruit	Black History Month	

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: 11:00 AM
 2nd lunch: 12:15 PM - 1:15 PM

Sunday

1st lunch: 11:00 AM
 2nd Lunch: 12:15 PM - 1:15 PM

