



Gary and Mary West Senior Wellness Center Breakfast Menu - January 2019



Denotes Meal is High in Sodium

 Martin Luther King Jr. <small>For personal and commercial use - See terms of use.</small> Monday, January 21	Tuesday 1/1/2019 Scrambled Eggs W.W. French Toast 炒雞蛋 W.W. 法式吐司	Wednesday 1/2/2019 Breaded Chicken Patty English Muffin 麵包屑雞肉餡餅 英式鬆餅	Thursday 1/3/2019 Egg Patty Turkey Ham 蛋帕蒂 火雞火腿	Friday 1/4/2019 Breakfast Casserole Cheese Grits 早餐砂鍋 奶酪沙粒	Saturday 1/5/2019 Cottage Cheese Mixed Fruit 乾酪 混合水果
	Monday 1/7/2019 Scrambled Eggs O'Brien Potatoes 炒雞蛋 奧布萊恩馬鈴薯	Tuesday 1/8/2019 Cottage Cheese Mixed Fruit 乾酪 起司煎蛋捲	Wednesday 1/9/2019 Turkey Ham W.W. English Muffin 火雞火腿 W.W. 英式鬆餅	Thursday 1/10/2019 Breakfast Casserole Cheese Grits 早餐砂鍋 奶酪沙粒	Friday 1/11/2019 Hard Boiled Egg Bagel 水煮蛋 麵包圈
Monday 1/14/2019 Breaded Chicken Patty W.W. English Muffin 麵包屑雞肉餡餅 W.W. 英式鬆餅	Tuesday 1/15/2019 Cheese Omelet Strawberry Yogurt 起司煎蛋捲 草莓酸奶	Wednesday 1/16/2019 Beef Hash Scrambled Eggs 牛肉哈希 炒雞蛋	Thursday 1/17/2019 String Cheese Peanut Butter 芝士條 花生醬	Friday 1/18/2019 Egg Patty Turkey Sausage Patty 蛋帕蒂 土雞香腸	Saturday 1/19/2019 Breakfast Ham Casserole O'Brien Potatoes 早餐火腿砂鍋 奧布萊恩馬鈴薯
 Monday 1/21/2019	Tuesday 1/22/2019 Sausage & Grits Quiche Multi-Grain Bread 香腸和糝乳蛋餅 多穀物麵包	Wednesday 1/23/2019 Cottage Cheese Peaches, Pears, Oranges 乾酪 桃子, 梨, 橙子	Thursday 1/24/2019 Scrambled Eggs Whole Grain Pancakes 炒雞蛋 全麥煎餅	Friday 1/25/2019 Cheese Omelet Turkey Sausage Links 起司煎蛋捲 土雞香腸	Saturday 1/26/2019 Beef Hash Scrambled Eggs 牛肉哈希 炒雞蛋
Monday 1/28/2019 Scrambled Eggs Crispy Cubed Potatoes 炒雞蛋 脆皮立方體土豆	Tuesday 1/29/2019 Sausage & Gravy Biscuit 香腸和肉汁 烤軟餅	Wednesday 1/30/2019 Hard Boiled Egg Strawberry Yogurt 水煮蛋 草莓酸奶	Thursday 1/31/2019 Cottage Cheese Peaches, Pears, Oranges 乾酪 桃子, 梨, 橙子	 Save A Life National Blood Donor Month	

 HOURS Monday - Friday: 7:00 AM - 4:00 PM Saturday & Sunday: 8:00 AM - 2:00 PM MEAL TIMES <i>*Door closes at lunchtime listed or earlier if Dining Room is full.</i>			 Happy New Year
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	