



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 Orange Juice Pancake Syrup 	Wednesday 1/2/2019 Breaded Chicken Patty English Muffin Bran Flakes Cereal Seasonal Fruit	Thursday 1/3/2019 Egg Patty Turkey Ham Sliced Cheese Biscuit Tropical Fruit	Friday 1/4/2019 Breakfast Casserole Cheese Grits Fresh Orange 	Saturday 1/5/2019 Cottage Cheese Mixed Fruit Whole Wheat Bread Raisin Bran Cereal
Monday 1/7/2019 Scrambled Eggs O'Brien Potatoes Whole Wheat Bread Seasonal Fruit 	Tuesday 1/8/2019 Cottage Cheese Mixed Fruit W.W. French Toast Pancake Syrup	Wednesday 1/9/2019 Turkey Ham Sliced Cheese W.W. English Muffin Cranapple Oatmeal Seasonal Fruit	Thursday 1/10/2019 Breakfast Casserole Cheese Grits Mixed Fruit 	Friday 1/11/2019 Hard Boiled Egg Peanut Butter Bagel Bran Flakes Cereal Seasonal Fruit	Saturday 1/12/2019 Sausage & Gravy Biscuit Wheat Bran Cereal Rosy Applesauce
Monday 1/14/2019 Breaded Chicken Patty W.W. English Muffin Bran Flakes Seasonal Fruit 	Tuesday 1/15/2019 Cheese Omelet Strawberry Yogurt Oatmeal Seasonal Fruit 	Wednesday 1/16/2019 Beef Hash Scrambled Eggs Whole Wheat Bread Cranberry Cocktail Juice	Thursday 1/17/2019 String Cheese Peanut Butter Biscuit Raisin Bran Cereal Seasonal Fruit	Friday 1/18/2019 Egg Patty Turkey Sausage Patty Sliced Cheese W.W. English Muffin Seasonal Fruit	Saturday 1/19/2019 Breakfast Ham Casserole O'Brien Potatoes Mixed Fruit
Monday 1/21/2019 Hard Boiled Egg Peanut Butter Waffle Sticks Bran Flakes Cereal Seasonal Fruit	Tuesday 1/22/2019 Sausage & Grits Quiche Multi-Grain Bread Fresh Banana 	Wednesday 1/23/2019 Cottage Cheese Peaches, Pears, Oranges Bran Muffin Cereal 	Thursday 1/24/2019 Scrambled Eggs Whole Grain Pancakes Seasonal Fruit Pancake Syrup	Friday 1/25/2019 Cheese Omelet Turkey Sausage Links Crispy Cubed Potatoes Whole Wheat Bread Seasonal Fruit	Saturday 1/26/2019 Beef Hash Scrambled Eggs W.W. English Muffin Mixed Fruit
Monday 1/28/2019 Scrambled Eggs Crispy Cubed Potatoes Multi-Grain Bread Seasonal Fruit 	Tuesday 1/29/2019 Sausage & Gravy Biscuit Bran Flakes Cereal Seasonal Fruit 	Wednesday 1/30/2019 Hard Boiled Egg Strawberry Yogurt Granola Oatmeal Applesauce	Thursday 1/31/2019 Cottage Cheese Peaches, Pears, Oranges W.W. French Toast Pancake Syrup 	 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

**Door closes at lunchtime listed or earlier if Dining Room is full.*

Monday - Friday	Saturday	Sunday
Breakfast: 7:00 AM - 8:30 AM	Breakfast: 8:00 AM - 9:00 AM	1st lunch: 11:00 AM
1st lunch: 11:00 AM	1st lunch: 11:00 AM	2nd Lunch: 12:15 PM - 1:15 PM
2nd lunch: 12:15 PM	2nd lunch: 12:15 PM - 1:15 PM	
3rd lunch: 1:15 PM - 1:45 PM		