



Gary and Mary West Senior Wellness Center Breakfast Menu - **APRIL** 2019



钠含量高的早餐

Monday 4/1/2019	Tuesday 4/2/2019	Wednesday 4/3/2019	Thursday 4/4/2019	Friday 4/5/2019	Saturday 4/6/2019
Sausage & Gravy Biscuit 香腸和肉汁 烤軟餅	Peanut Butter Cranapple Oatmeal 花生醬 Cranapple 燕麥片	Cheese Omelet Turkey Sausage Links 起司煎蛋捲 土鸡香肠	Cottage Cheese W.W. French Toast 乾酪 W.W. 法式吐司	Breakfast Ham Casserole Cheese Grits 早餐火腿砂鍋塊 奶酪沙粒	Scrambled Eggs Crispy Cubed Potatoes 炒雞蛋 脆皮立方體馬鈴薯
Monday 4/8/2019	Tuesday 4/9/2019	Wednesday 4/10/2019	Thursday 4/11/2019	Friday 4/12/2019	Saturday 4/13/2019
Egg Patty Turkey Sausage Patty 蛋帕蒂 土雞香腸帕蒂	Breakfast Burrito O'Brien Potatoes 早餐捲餅 奧布萊恩馬鈴薯	Turkey Sausage Links Whole Grain Pancakes 土雞香腸 全麥煎餅	Beef Hash Scrambled Eggs 牛肉哈希 炒雞蛋	Breaded Chicken Patty W.W. English Muffin 麵包屑的雞肉餡餅 W.W. 英式鬆餅	Broccoli Cheese- Egg Bake 西蘭花奶酪 雞蛋烘烤
Monday 4/15/2019	Tuesday 4/16/2019	Wednesday 4/17/2019	Thursday 4/18/2019	Friday 4/19/2019	Saturday 4/20/2019
Spinach Mushroom- Egg Bake 菠菜蘑菇 雞蛋烘烤	Scrambled Eggs W.W. French Toast 炒雞蛋 W.W. 法式吐司	Strawberry Greek Yogurt Granola 草莓希臘酸奶 格蘭諾拉麥片	Egg Patty Turkey Ham 蛋帕蒂 火雞火腿	Breakfast Casserole O'Brien Potatoes 早餐火腿砂鍋塊 奧布萊恩馬鈴薯	Cottage Cheese Mixed Fruit 乾酪 混合水果
Monday 4/22/2019	Tuesday 4/23/2019	Wednesday 4/24/2019	Thursday 4/25/2019	Friday 4/26/2019	Saturday 4/27/2019
Scrambled Eggs O'Brien Potatoes 炒雞蛋 奧布萊恩馬鈴薯	Turkey Ham W.W. English Muffin 土雞香腸 W.W. 英式鬆餅	Cottage Cheese W.W. French Toast 乾酪 W.W. 法式吐司	Hard Boiled Egg Bagel 水煮蛋 麵包圈	Broccoli Cheese- Egg Bake 西蘭花奶酪 雞蛋烘烤	Sausage & Gravy Biscuit 香腸和肉汁 烤軟餅
Monday 4/29/2019	Tuesday 4/30/2019				
Peanut Butter Multi-Grain Bread 花生醬 多穀物麵包	Breaded Chicken Patty Biscuit 麵包屑的雞肉餡餅 烤軟餅				

时间

周一 - 周五: 7:00 AM - 4:00 PM 周六 & 周日: 8:00 AM - 2:00 PM

用餐时间

*如果餐厅已满或者以上午餐时间，门将关闭。

周一 - 周五

周六

周日

早餐: 7:00 AM - 8:30 AM

早餐: 8:00 AM - 9:00 AM

早午餐: 11:00 AM

第一个午餐: 11:00 AM

第一个午餐: 11:00 AM

第二个午餐: 12:15 PM - 1:15 PM

第二个午餐: 12:15 PM

第二个午餐: 12:15 PM - 1:15 PM

第三个午餐: 1:15 PM - 1:45 PM

