



# Gary and Mary West Senior Wellness Center

## Breakfast Menu - **APRIL** 2019



 Denotes Meal is High in Sodium

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 Bran Flakes Cereal Fresh Orange 	Peanut Butter String Cheese Whole Wheat Bread Cranapple Oatmeal Cranberry Cocktail Juice	Cheese Omelet Turkey Sausage Links W.W. English Muffin Fresh Orange 	Cottage Cheese Mixed Fruit W.W. French Toast Pancake Syrup 	Breakfast Ham Casserole Cheese Grits Applesauce 	Scrambled Eggs Crispy Cubed Potatoes Multi-Grain Bread Fresh Apple 
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 W.W. English Muffin Tropical Fruit	Breakfast Burrito O'Brien Potatoes Whole Wheat Bread Fresh Banana Taco Sauce	Turkey Sausage Links Whole Grain Pancakes Tropical Fruit Pancake Syrup 	Beef Hash Scrambled Eggs & Peppers Cheese Grits Mixed Fruit	Breaded Chicken Patty W.W. English Muffin Cinnamon Toasters Cereal Fresh Orange 	Broccoli Cheese- Egg Bake Wheat Bran Cereal Mixed Fruit 
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 Whole Wheat Bread Applesauce 	Scrambled Eggs W.W. French Toast Orange Juice Pancake Syrup 	Strawberry Greek Yogurt Granola  Peanut Butter Multi-Grain Bread Fresh Orange	Egg Patty Turkey Ham Sliced Cheese W.W. English Muffin Tropical Fruit	Breakfast Casserole O'Brien Potatoes Cheese Grits Fresh Apple 	Cottage Cheese Mixed Fruit Bagel Wheat Bran Cereal 
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 Whole Wheat Bread Fruit Cocktail 	Turkey Ham Sliced Cheese W.W. English Muffin Grits Applesauce	Cottage Cheese Mixed Fruit W.W. French Toast Pancake Syrup	Hard Boiled Egg Peanut Butter  Bagel Bran Flakes Cereal Fresh Orange	Broccoli Cheese- Egg Bake Cheese Grits Fresh Apple 	Sausage & Gravy Biscuit Wheat Bran Cereal Fresh Orange
Monday 4/29/2019	Tuesday 4/30/2019 	 			
String Cheese Peanut Butter Multi-Grain Bread  Oatmeal Glazed Fruit	Breaded Chicken Patty Biscuit Bran Flakes Cereal Fresh Orange				



### 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

