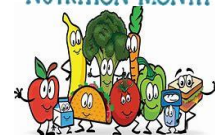


Gary and Mary West Senior Wellness Center

NUTRITION MONTH

Breakfast Menu - MARCH 2019

钠含量高的早餐



				Friday 3/1/2019	Saturday 3/2/2019
				Egg Patty Turkey Sausage Patty 蛋帕蒂 土鸡香肠帕蒂	Breakfast Ham Casserole O'Brien Potatoes 早餐火腿砂锅块 奥布莱恩马铃薯
Monday 3/4/2019	Tuesday 3/5/2019	Wednesday 3/6/2019	Thursday 3/7/2019	Friday 3/8/2019	Saturday 3/9/2019
Hard Boiled Egg Waffle Sticks 水煮蛋 華夫餅乾	Sausage & Grits Quiche Multi-Grain Bread 香肠和乳蛋饼 多谷物面包	Cottage Cheese Peaches, Pears, Oranges 乾酪 桃子, 梨, 橘子	Scrambled Eggs Whole Grain Pancakes 炒鸡蛋 全麥煎餅	Cheese Omelet Turkey Sausage Links 起司煎蛋捲 土鸡香肠	Beef Hash Scrambled Eggs 牛肉哈希 炒鸡蛋
Monday 3/11/2019	Tuesday 3/12/2019	Wednesday 3/13/2019	Thursday 3/14/2019	Friday 3/15/2019	Saturday 3/16/2019
Scrambled Eggs Crispy Cubed Potatoes 水煮蛋 脆皮方體馬鈴薯	Sausage & Gravy Biscuit 香肠和肉汁 烤软饼	Hard Boiled Egg Oatmeal 水煮蛋 麦片	Cottage Cheese French Toast 乾酪 法式吐司	Cheese Omelet Turkey Ham 起司煎蛋捲 火雞火腿	Breakfast Ham Casserole Cheese Grits 早餐火腿砂锅块 奶酪沙粒
Monday 3/18/2019	Tuesday 3/19/2019	Wednesday 3/20/2019	Thursday 3/21/2019	Friday 3/22/2019	Saturday 3/23/2019
Egg Patty Turkey Sausage Patty 蛋帕蒂 土鸡香肠帕蒂	Breakfast Burrito O'Brien Potatoes 早餐捲餅 奥布莱恩马铃薯	Turkey Sausage Links Whole Grain Pancakes 土鸡香肠 全麥煎餅	Beef Hash Scrambled Eggs 牛肉哈希 炒鸡蛋	Breaded Chicken Patty W.W. English Muffin 麵包屑雞肉餡餅 W.W. 英式松餅	Sausage & Grits Quiche Wheat Bran Cereal 香肠和乳蛋饼 麦麸谷物
Monday 3/25/2019	Tuesday 3/26/2019	Wednesday 3/27/2019	Thursday 3/28/2019	Friday 3/29/2019	Saturday 3/30/2019
Egg & Cheese Sliders Turkey Sausage Patty 鸡蛋&奶酪滑块 土鸡香肠帕蒂	Scrambled Eggs W.W. French Toast 炒鸡蛋 W.W. 法式吐司	Breaded Chicken Patty W.W. English Muffin 麵包屑雞肉餡餅 W.W. 英式松餅	Egg Patty Turkey Ham 蛋帕蒂 火雞火腿	Breakfast Casserole Cheese Grits 早餐砂锅 奶酪沙粒	Cottage Cheese Mixed Fruit 乾酪 混合水果



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

早餐: 7:00 AM - 8:30 AM

第一个午餐: 11:00 AM

第二个午餐: 12:15 PM

第三个午餐: 1:15 PM - 1:45 PM

周六

早餐: 8:00 AM - 9:00 AM

第一个午餐: 11:00 AM

第二个午餐: 12:15 PM - 1:15 PM

周日

早午餐: 11:00 AM

第二个午餐: 12:15 PM - 1:15 PM