

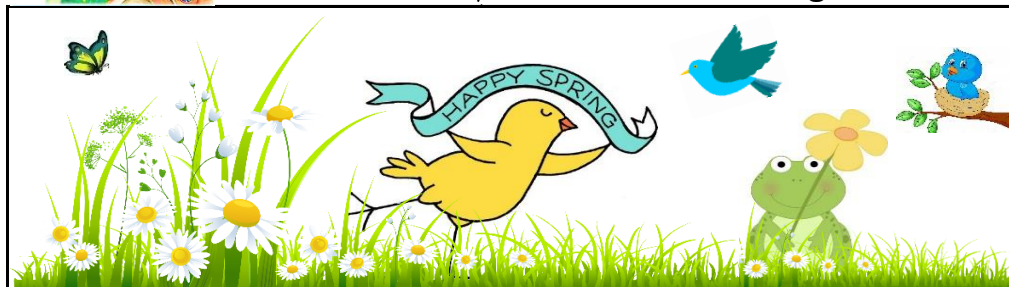













Gary and Mary West Senior Wellness Center

NUTRITION MONTH

Breakfast Menu - MARCH 2019

 Denotes Meal is High in Sodium



				Friday 3/1/2019 	Saturday 3/2/2019
				Egg Patty  Turkey Sausage Patty Sliced Cheese W.W. English Muffin Seasonal Fruit	Breakfast Ham Casserole O'Brien Potatoes Mixed Fruit 
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 Peanut Butter Waffle Sticks Bran Flakes Cereal Seasonal Fruit	Sausage & Grits Quiche Multi-Grain Bread Fresh Banana 	Cottage Cheese Peaches, Pears, Oranges Bran Muffin Cereal 	Scrambled Eggs Whole Grain Pancakes Seasonal Fruit Pancake Syrup	Cheese Omelet Turkey Sausage Links Crispy Cubed Potatoes Whole Wheat Bread Seasonal Fruit	Beef Hash Scrambled Eggs W.W. English Muffin Mixed Fruit +
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 Multi-Grain Bread Seasonal Fruit 	Sausage & Gravy Biscuit Bran Flakes Cereal Seasonal Fruit 	Hard Boiled Egg Strawberry Yogurt Granola  Oatmeal Applesauce	Cottage Cheese Peaches, Pears, Oranges W.W. French Toast Pancake Syrup 	Cheese Omelet Turkey Ham Multi-Grain Bread Tropical Fruit	Breakfast Ham Casserole Cheese Grits Mixed Fruit 
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 Sliced Cheese W.W. English Muffin Seasonal Fruit	Breakfast Burrito O'Brien Potatoes Whole Wheat Bread Seasonal Fruit 	Turkey Sausage Links Whole Grain Pancakes Peanut Butter Mandarin Oranges & Pears	Beef Hash Scrambled Eggs Cheese Grits Cranberry Cocktail Juice +	Breaded Chicken Patty W.W. English Muffin Cinnamon Toasters Cereal Mixed Fruit	Sausage & Grits Quiche Wheat Bran Cereal Seasonal Fruit 
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 O'Brien Potatoes Raisin Bran Cereal Seasonal Fruit	Scrambled Eggs W.W. French Toast Seasonal Fruit Pancake Syrup 	Breaded Chicken Patty W.W. English Muffin Bran Flakes Cereal Orange Juice	Egg Patty Turkey Ham Bagel Toasty O's Cereal Pineapple	Breakfast Casserole Cheese Grits Fresh Orange 	Cottage Cheese Mixed Fruit Whole Wheat Bread Raisin Bran Cereal

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

