



Gary and Mary West Senior Wellness Center

Breakfast Menu - **June** 2019

表示膳食中鈉含量高



					Saturday 6/1/2019
					Cottage Cheese Mixed Fruit 乾酪 混合水果
Monday 6/3/2019	Tuesday 6/4/2019	Wednesday 6/5/2019	Thursday 6/6/2019	Friday 6/7/2019	Saturday 6/8/2019
Scrambled Eggs O'Brien Potatoes 炒雞蛋 奧布萊恩馬鈴薯	Turkey Ham W.W. English Muffin 火雞火腿 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 貝果	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 6/10/2019	Tuesday 6/11/2019	Wednesday 6/12/2019	Thursday 6/13/2019	Friday 6/14/2019	Saturday 6/15/2019
Oatmeal Peanut Butter 麥片 花生醬	Breaded Chicken Patty Biscuit 麵包屑雞肉餡餅 烤軟餅	Beef Hash Scrambled Eggs 牛肉哈希 炒雞蛋	Scrambled Eggs O'Brien Potatoes 炒雞蛋 奧布萊恩馬鈴薯	Cheese Omelet Turkey Ham 奶酪煎蛋捲 火雞火腿	Breakfast Ham Casserole O'Brien Potatoes 早餐火腿砂鍋 奧布萊恩馬鈴薯
Monday 6/17/2019	Tuesday 6/18/2019	Wednesday 6/19/2019	Thursday 6/20/2019	Friday 6/21/2019	Saturday 6/22/2019
Hard Boiled Egg Bran Muffin 水煮蛋 布蘭鬆餅	Breakfast Casserole O'Brien Hashbrowns 早餐砂鍋 奧布萊恩土豆煎餅	Cottage Cheese Blueberry Muffin 乾酪 藍莓鬆餅	Scrambled Eggs Whole Grain Pancakes 炒雞蛋 全麥煎餅	Cheese Omelet Turkey Sausage Links 起司煎蛋捲 土雞香腸鏈接	Beef Hash Scrambled Eggs 牛肉哈希 炒雞蛋
Monday 6/24/2019	Tuesday 6/25/2019	Wednesday 6/26/2019	Thursday 6/27/2019	Friday 6/28/2019	Saturday 6/29/2019
Sausage & Gravy Biscuit 香腸和肉汁 餅乾	Peanut Butter Whole Wheat Bread 花生醬 全麥麵包	Cheese Omelet Turkey Sausage Links 起司煎蛋捲 土雞香腸鏈接	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 奶酪沙粒	Scrambled Eggs Crispy Cubed Potatoes 炒雞蛋 脆皮立方體馬鈴薯



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

第一个午餐: 11:00 AM
 第二个午餐: 12:15 PM - 1:15 PM

