



Gary and Mary West Senior Wellness Center

Breakfast Menu - **June** 2019



Denotes Meal is High in Sodium



					Saturday 6/1/2019
					Cottage Cheese Mixed Fruit Bagel Wheat Bran Cereal
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 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 6/10/2019	Tuesday 6/11/2019	Wednesday 6/12/2019	Thursday 6/13/2019	Friday 6/14/2019	Saturday 6/15/2019
String Cheese Peanut Butter Multi-Grain Bread Oatmeal Glazed Fruit	Breaded Chicken Patty Biscuit Bran Flakes Cereal Fresh Orange 	Beef Hash Scrambled Eggs & Peppers Whole Wheat Bread Mixed Fruit	Scrambled Eggs O'Brien Potatoes Waffle Sticks Fresh Banana Pancake Syrup	Cheese Omelet Turkey Ham Multi-Grain Bread Raisins Orange Juice	Breakfast Ham Casserole O'Brien Potatoes Fruit Cocktail
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 Peanut Butter Bran Muffin Bran Flakes Cereal Fresh Orange	Breakfast Casserole O'Brien Hashbrowns Raisin Bran Cereal Applesauce 	Cottage Cheese Mixed Fruit Blueberry Muffin Raisin Bran Cereal	Scrambled Eggs & Peppers Whole Grain Pancakes Fresh Apple Pancake Syrup	Cheese Omelet Turkey Sausage Links Whole Wheat Bread Mixed Fruit 	Beef Hash Scrambled Eggs & Peppers Whole Wheat Bread Tropical Fruit
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 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



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

