



Gary and Mary West Senior Wellness Center

Breakfast Menu - **MAY** 2019



钠含量高的早餐

		Wednesday 5/1/2019 Beef Hash Scrambled Eggs 牛肉哈希 炒鸡蛋	Thursday 5/2/2019 Scrambled Eggs O'Brien Potatoes 炒鸡蛋 奧布莱恩馬鈴薯	Friday 5/3/2019 Cheese Omelet Turkey Ham 起司煎蛋捲 火雞火腿	Saturday 5/4/2019 Breakfast Ham Casserole O'Brien Potatoes 早餐火腿砂鍋塊 奧布莱恩馬鈴薯
		Monday 5/6/2019 Hard Boiled Egg Bran Muffin 水煮蛋 布蘭鬆餅	Tuesday 5/7/2019 Breakfast Casserole O'Brien Hashbrowns 早餐砂鍋 奧布莱恩薯餅	Wednesday 5/8/2019 Cottage Cheese Mixed Fruit 乾酪 混合水果	Thursday 5/9/2019 W.W. French Toast Mixed Fruit W.W.法式吐司 混合水果
Monday 5/13/2019 Sausage & Gravy Biscuit 香腸和肉汁 烤软餅	Tuesday 5/14/2019 Peanut Butter Whole Wheat Bread 花生醬 全麥麵包	Wednesday 5/15/2019 Cheese Omelet Turkey Sausage Links 起司煎蛋捲 火雞香腸鏈接	Thursday 5/16/2019 Cottage Cheese W.W. French Toast 乾酪 W.W.法式吐司	Friday 5/17/2019 Breakfast Ham Casserole Cheese Grits 早餐火腿砂鍋 奶酪沙粒	Saturday 5/18/2019 Scrambled Eggs Crispy Cubed Potatoes 炒鸡蛋 脆皮立方體馬鈴薯
Monday 5/20/2019 Egg Patty Turkey Sausage Patty 蛋帕蒂 土鸡香肠帕蒂	Tuesday 5/21/2019 Breakfast Burrito O'Brien Potatoes 早餐捲餅 奧布莱恩馬鈴薯	Wednesday 5/22/2019 Turkey Sausage Links Whole Grain Pancakes 火雞香腸鏈接 全麥煎餅	Thursday 5/23/2019 Beef Hash Scrambled Eggs 牛肉哈希 炒雞蛋	Friday 5/24/2019 Breaded Chicken Patty W.W. English Muffin 麵包屑雞肉餡餅 W.W. 英式松餅	Saturday 5/25/2019 Broccoli Cheese- Egg Bake 西蘭花奶酪 - 烘烤雞蛋
Monday 5/27/2019 Spinach Mushroom- Egg Bake 菠菜蘑菇 - 烘烤雞蛋	Tuesday 5/28/2019 Scrambled Eggs W.W. French Toast 炒鸡蛋 W.W.法式吐司	Wednesday 5/29/2019 Strawberry Greek Yogurt Granola 草莓希臘酸奶 格蘭諾拉麥片	Thursday 5/30/2019 Egg Patty Turkey Ham 蛋帕蒂 火雞火腿	Friday 5/31/2019 Breakfast Casserole O'Brien Potatoes 早餐砂鍋 奧布莱恩馬鈴薯	



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

