



# Gary and Mary West Senior Wellness Center

## Breakfast Menu - **MAY** 2019



Denotes Meal is High in Sodium

		<b>Wednesday</b> <b>5/1/2019</b>	<b>Thursday</b> <b>5/2/2019</b>	<b>Friday</b> <b>5/3/2019</b>	<b>Saturday</b> <b>5/4/2019</b>
		Beef Hash Scrambled Eggs & Peppers Whole Wheat Bread Mixed Fruit	Scrambled Eggs O'Brien Potatoes Waffle Sticks Fresh Banana	Cheese Omelet Turkey Ham Multi-Grain Bread Raisins Orange Juice	Breakfast Ham Casserole O'Brien Potatoes Fruit Cocktail 
<b>Monday</b> <b>5/6/2019</b>	<b>Tuesday</b> <b>5/7/2019</b>	<b>Wednesday</b> <b>5/8/2019</b>	<b>Thursday</b> <b>5/9/2019</b>	<b>Friday</b> <b>5/10/2019</b>	<b>Saturday</b> <b>5/11/2019</b>
Hard Boiled Egg Peanut Butter Bran Muffin Bran Flakes Cereal Fresh Orange	Breakfast Casserole O'Brien Hashbrowns Raisin Bran Cereal Apple Sauce	Cottage Cheese Mixed Fruit Blueberry Muffin Raisin Bran Cereal 	Cottage Cheese Mixed Fruit W.W. French Toast Pancake Syrup	Cheese Omelet Turkey Sausage Links Whole Wheat Bread Mixed Fruit	Beef Hash Scrambled Eggs & Peppers Whole Wheat Bread Tropical Fruit
<b>Monday</b> <b>5/13/2019</b>	<b>Tuesday</b> <b>5/14/2019</b>	<b>Wednesday</b> <b>5/15/2019</b>	<b>Thursday</b> <b>5/16/2019</b>	<b>Friday</b> <b>5/17/2019</b>	<b>Saturday</b> <b>5/18/2019</b>
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 
<b>Monday</b> <b>5/20/2019</b>	<b>Tuesday</b> <b>5/21/2019</b>	<b>Wednesday</b> <b>5/22/2019</b>	<b>Thursday</b> <b>5/23/2019</b>	<b>Friday</b> <b>5/24/2019</b>	<b>Saturday</b> <b>5/25/2019</b>
Egg Patty Turkey Sausage Patty W.W. English Muffin Tropical Fruit	Breakfast Burrito O'Brien Potatoes Whole Wheat Bread Fresh Banana	Turkey Sausage Links Whole Grain Pancakes Tropical Fruit Pancake Syrup 	Beef Hash Scrambled Eggs & Peppers Cheese Grits Mixed Fruit	Breaded Chicken Patty W.W. English Muffin Cinnamon Toasters Cereal Fresh Orange	Broccoli Cheese-Egg Bake Wheat Bran Cereal Mixed Fruit
<b>Monday</b> <b>5/27/2019</b>	<b>Tuesday</b> <b>5/28/2019</b>	<b>Wednesday</b> <b>5/29/2019</b>	<b>Thursday</b> <b>5/30/2019</b>	<b>Friday</b> <b>5/31/2019</b>	
Spinach Mushroom-Egg Bake Whole Wheat Bread Applesauce	Scrambled Eggs W.W. French Toast Orange Juice Pancake Syrup 	Strawberry Greek Yogurt Granola Peanut Butter Mutli-Grain Bread Fresh Orange	Egg Patty Turkey Ham Sliced Cheese W.W. English Muffin Tropical Fruit	Breakfast Casserole O'Brien Potatoes Cheese Grits 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

