



# Gary and Mary West Senior Wellness Center

## Breakfast Menu - FEBRUARY 2020



Denotes Meal is High in Sodium

					<b>Saturday</b> <b>2/1/2020</b>
					Mexican Scrambled Eggs Tomatoes, Onions, Chilis Whole Wheat Tortilla Orange Juice 
<b>Monday</b> <b>2/3/2020</b>	<b>Tuesday</b> <b>2/4/2020</b>	<b>Wednesday</b> <b>2/5/2020</b>	<b>Thursday</b> <b>2/6/2020</b>	<b>Friday</b> <b>2/7/2020</b>	<b>Saturday</b> <b>2/8/2020</b>
Cottage Cheese Tropical Fruit Cream Cheese Bagels V8 Juice	String Cheese Peanut Butter Multigrain Bread Oatmeal Mixed Fruit	Eggs w/ Cheese Mushrooms & Peppers Whole Wheat Bread Raisin Bran Cereal Fresh Orange	Strawberry Yogurt Peanut Butter Whole Grain Pancakes Strawberries V8 Juice	Spinach Mushroom- Egg Scramble Whole Wheat Bread Bran Flakes Cereal Fresh Orange	Beef Hash O'Brien Potatoes Whole Wheat Bread Tropical Fruit
<b>Monday</b> <b>2/10/2020</b>	<b>Tuesday</b> <b>2/11/2020</b>	<b>Wednesday</b> <b>2/12/2020</b>	<b>Thursday</b> <b>2/13/2020</b>	<b>Friday</b> <b>2/14/2020</b>	<b>Saturday</b> <b>2/15/2020</b>
Breaded Chicken Patty Whole Grain Biscuit Tropical Fruit V8 Juice	Eggs w/ Cheese & Broccoli Waffle Sticks Fresh Fruit	Breakfast Taco Oatmeal Mixed Fruit V8 Juice 	Cottage Cheese Mixed Fruit W.W. French Toast V8 Juice	Breakfast Pizza Hard Boiled Egg Hashbrowns Raisin Bran Cereal Fresh Orange	Eggs w/ Mushrooms, Peppers & Cheese W.W. English Muffin Fresh Orange 
<b>Monday</b> <b>2/17/2020</b>	<b>Tuesday</b> <b>2/18/2020</b>	<b>Wednesday</b> <b>2/19/2020</b>	<b>Thursday</b> <b>2/20/2020</b>	<b>Friday</b> <b>2/21/2020</b>	<b>Saturday</b> <b>2/22/2020</b>
Eggs w/ Cheese & Broccoli Multigrain Bread Raisin Bran Cereal Mixed Fruit	Peanut Butter String Cheese Whole Wheat Bread Oatmeal Fresh Apple	Cottage Cheese Mixed Fruit W.W. French Toast V8 Juice 	Eggs w/ Cheese & Peppers Multigrain Bread Raisin Bran Cereal Tropical Fruit	Breaded Chicken Patty W.W. English Muffin Hashbrowns Fresh Orange	Mexican Scrambled Eggs Tomatoes, Onions, Chilis Whole Wheat Tortilla Mixed Fruit 
<b>Monday</b> <b>2/24/2020</b>	<b>Tuesday</b> <b>2/25/2020</b>	<b>Wednesday</b> <b>2/26/2020</b>	<b>Thursday</b> <b>2/27/2020</b>	<b>Friday</b> <b>2/28/2020</b>	<b>Saturday</b> <b>2/29/2020</b>
Eggs w/ Mushrooms, Peppers & Cheese Raisin Bran Cereal Fresh Apple 	Eggs w/ Ham & Peppers Cranberry Oatmeal Multigrain Bread Orange Juice	Strawberry Yogurt Peanut Butter Multi-Grain Bread Fresh Orange V8 Juice	Scrambled Eggs w/ Cheese Hashbrowns Bran Flakes Cereal Fresh Orange	Egg Patty Ham & Cheese W.W. English Muffin Crispy Cubed Potatoes Tropical Fruit	Cottage Cheese Tropical Fruit Cream Cheese Bagels V8 Juice 

<b>HOURS</b>		
<b>Monday - Friday: 7:00 AM - 4:00 PM</b> <b>Saturday &amp; Sunday: 8:00 AM - 2:00 PM</b>		
<b>MEAL TIMES</b>		
<i>*Door closes at lunchtime listed or earlier if Dining Room is full.</i>		
<b>Monday - Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast: 7:00 AM - 8:30 AM</b>	<b>Breakfast: 8:00 AM - 9:00 AM</b>	<b>1st lunch: 11:00 AM</b>
<b>1st lunch: 11:00 AM</b>	<b>1st lunch: 11:00 AM</b>	<b>2nd Lunch: 12:15 PM - 1:15 PM</b>
<b>2nd lunch: 12:15 PM</b>	<b>2nd lunch: 12:15 PM - 1:15 PM</b>	
<b>3rd lunch: 1:15 PM - 1:45 PM</b>		