



Gary and Mary West Senior Wellness Center Breakfast Menu - **SEPTEMBER** 2019



 表示膳食中鈉含量高

Monday 9/2/2019 	Tuesday 9/3/2019 	Wednesday 9/4/2019	Thursday 9/5/2019	Friday 9/6/2019	Saturday 9/7/2019 
Mexican Scrambled Eggs O'Brien Potatoes  墨西哥炒雞蛋 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 W.W. English Muffin 水煮蛋 W.W. 英式鬆餅	Ham & Vegetable- Casserole  火腿和蔬菜 沙鍋	Sausage & Gravy Whole Grain Biscuit  香腸和肉汁 全麥餅乾
Monday 9/9/2019 	Tuesday 9/10/2019	Wednesday 9/11/2019	Thursday 9/12/2019	Friday 9/13/2019	Saturday 9/14/2019
Breaded Chicken Patty Whole Grain Biscuit  麵包屑的雞肉餡餅 全麥餅乾	Peanut Butter Oatmeal 花生醬 麥片	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	Western Omelet Turkey Ham  西式煎蛋捲 火雞火腿	Ham & Vegetable- Casserole  火腿和蔬菜 沙鍋
Monday 9/16/2019	Tuesday 9/17/2019	Wednesday 9/18/2019	Thursday 9/19/2019	Friday 9/20/2019 	Saturday 9/21/2019
Hard Boiled Egg Bran Muffin  水煮蛋 布蘭鬆餅	Breakfast Casserole w/ Vegetables 早餐砂鍋 帶蔬菜	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 9/23/2019	Tuesday 9/24/2019	Wednesday 9/25/2019	Thursday 9/26/2019 	Friday 9/27/2019	Saturday 9/28/2019 
Cottage Cheese W.W. French Toast  乾酪 W.W. 法式吐司	Ham & Vegetable- Casserole 火腿和蔬菜 沙鍋	Eggs w/ Peppers Crispy Cubed Potatoes 雞蛋配/辣椒 脆皮立方體馬鈴薯	Sausage & Gravy Whole Grain Biscuit  香腸和肉汁 全麥餅乾	Peanut Butter Oatmeal w/ Cranberries 花生醬 燕麥片配蔓越莓	Western Omelet Turkey Sausage Links  西式煎蛋捲 土雞香腸鏈接
Monday 9/30/2019	  				
Broccoli Cheese- Egg Scramble  西蘭花奶酪 雞蛋爭奪					



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

