



# Gary and Mary West Senior Wellness Center

## Breakfast Menu - **SEPTEMBER** 2019



 Denotes Meal is High in Sodium

 <b>Monday</b> 9/2/2019  Mexican Scrambled Eggs O'Brien Potatoes Shredded Cheese Whole Wheat Tortilla Fruit Cocktail	<b>Tuesday</b>  9/3/2019 Turkey Ham Sliced Cheese W.W. English Muffin Grits Applesauce	<b>Wednesday</b> 9/4/2019 Cottage Cheese Mixed Fruit W.W. French Toast Pancake Syrup 	<b>Thursday</b> 9/5/2019 Hard Boiled Egg Peanut Butter W.W. English Muffin Bran Flakes Cereal Fresh Orange	<b>Friday</b> 9/6/2019 Ham & Vegetable- Casserole Cheese Grits Fresh Apple 	<b>Saturday</b>  9/7/2019 Sausage & Gravy Whole Grain Biscuit Wheat Bran Cereal Fresh Orange 
<b>Monday</b>  9/9/2019 Breaded Chicken Patty Whole Grain Biscuit Bran Flakes Cereal Fresh Orange 	<b>Tuesday</b> 9/10/2019 String Cheese Peanut Butter Multi-Grain Bread Oatmeal Mixed Fruit	<b>Wednesday</b> 9/11/2019 Beef Hash Scrambled Eggs & Peppers Whole Wheat Bread Mixed Fruit	<b>Thursday</b> 9/12/2019 Scrambled Eggs O'Brien Potatoes Waffle Sticks Fresh Banana 	<b>Friday</b> 9/13/2019 Western Omelet Turkey Ham Multi-Grain Bread Raisins  Orange Juice	<b>Saturday</b> 9/14/2019 Ham & Vegetable- Casserole O'Brien Potatoes Fruit Cocktail 
<b>Monday</b> 9/16/2019 Hard Boiled Egg Peanut Butter Bran Muffin Bran Flakes Cereal Fresh Orange	<b>Tuesday</b> 9/17/2019 Breakfast Casserole w/ Vegetables O'Brien Hashbrowns Raisin Bran Cereal Applesauce	<b>Wednesday</b> 9/18/2019 Cottage Cheese Mixed Fruit Blueberry Muffin Raisin Bran Cereal 	<b>Thursday</b> 9/19/2019 Scrambled Eggs & Peppers Whole Grain Pancakes Fresh Apple 	<b>Friday</b>  9/20/2019 Cheese Omelet Turkey Sausage Links Raisin Bran Cereal Fresh Orange 	<b>Saturday</b> 9/21/2019 Beef Hash Scrambled Eggs & Peppers  Whole Wheat Bread Tropical Fruit
<b>Monday</b> 9/23/2019 Cottage Cheese Mixed Fruit W.W. French Toast 	<b>Tuesday</b> 9/24/2019 Ham & Vegetable- Casserole Cheese Grits Citrus Fruit	<b>Wednesday</b> 9/25/2019 Eggs w/ Mushrooms & Peppers Crispy Cubed Potatoes Multi-Grain Bread Fresh Apple	<b>Thursday</b>  9/26/2019 Sausage & Gravy Whole Grain Biscuit Bran Flakes Cereal Fresh Orange 	<b>Friday</b> 9/27/2019 Peanut Butter String Cheese Whole Wheat Bread Oatmeal w/ Cranberries Cranberry Cocktail Juice 	<b>Saturday</b>  9/28/2019 Western Omelet Turkey Sausage Links W.W. English Muffin Fresh Orange 
<b>Monday</b> 9/30/2019 Broccoli Cheese- Egg Scramble Raisin Bran Cereal Mixed Fruit 					



### 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

