



Gary and Mary West Senior Wellness Center

Breakfast Menu - FEBRUARY 2020

表示膳食中钠含量高



					Saturday 2/1/2020
					Mexican Scrambled Eggs Tomatoes, Onions, Chilis 墨西哥炒鸡蛋 西红柿·洋葱·辣椒
Monday 2/3/2020	Tuesday 2/4/2020	Wednesday 2/5/2020	Thursday 2/6/2020	Friday 2/7/2020	Saturday 2/8/2020
Cottage Cheese Tropical Fruit 干酪 热带水果	Oatmeal Peanut Butter 麦片 花生酱	Eggs w/ Cheese Mushrooms & Peppers 芝士蛋 蘑菇和胡椒	Strawberry Yogurt Whole Grain Pancakes 草莓酸奶 全谷物煎饼	Egg Scramble Whole Wheat Bread 鸡蛋争夺 全麦面包	Beef Hash O'Brien Potatoes 牛肉哈希 奥布莱恩土豆
Monday 2/10/2020	Tuesday 2/11/2020	Wednesday 2/12/2020	Thursday 2/13/2020	Friday 2/14/2020	Saturday 2/15/2020
Breaded Chicken Patty Whole Grain Biscuit 面包屑的鸡肉馅饼 全麦饼干	Eggs w/ Broccoli Waffle Sticks 西兰花鸡蛋 华夫饼干	Breakfast Taco Oatmeal 塔科早餐 麦片	Cottage Cheese W.W. French Toast 干酪 W.W.法式吐司	Breakfast Pizza Hard Boiled Egg 早餐披萨 水煮蛋	Eggs w/ Cheese W.W. English Muffin 芝士蛋 W.W.英式松饼
Monday 2/17/2020	Tuesday 2/18/2020	Wednesday 2/19/2020	Thursday 2/20/2020	Friday 2/21/2020	Saturday 2/22/2020
Eggs w/ Broccoli Multigrain Bread 西兰花鸡蛋 杂粮面包	Peanut Butter Oatmeal 花生酱 麦片	Cottage Cheese W.W. French Toast 干酪 W.W.法式吐司	Eggs w/ Cheese Multigrain Bread 芝士蛋 杂粮面包	Breaded Chicken Patty W.W. English Muffin 面包屑的鸡肉馅饼 W.W.英式松饼	Mexican Scrambled Eggs Whole Wheat Tortilla 墨西哥炒鸡蛋 全麦玉米饼
Monday 2/24/2020	Tuesday 2/25/2020	Wednesday 2/26/2020	Thursday 2/27/2020	Friday 2/28/2020	Saturday 2/29/2020
Eggs w/ Cheese Raisin Bran Cereal 芝士蛋 葡萄干麸麦片	Eggs w/ Ham Cranberry Oatmeal 火腿鸡蛋 蔓越莓燕麦片	Strawberry Yogurt Multi-Grain Bread 草莓酸奶 多谷物面包	Scrambled Eggs Hashbrowns 炒鸡蛋 土豆煎饼	Egg Patty W.W. English Muffin 蛋饼 W.W.英式松饼	Cottage Cheese Tropical Fruit 干酪 热带水果

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。

<p>周一 - 周五</p> <p>早餐: 7:00 AM - 8:30 AM</p> <p>第一个午餐: 11:00 AM</p> <p>第二个午餐: 12:15 PM</p> <p>第三个午餐: 1:15 PM - 1:45 PM</p>	<p>周六</p> <p>早餐: 8:00 AM - 9:00 AM</p> <p>第一个午餐: 11:00 AM</p> <p>第二个午餐: 12:15 PM - 1:15 PM</p>	<p>周日</p> <p>第一个午餐: 11:00 AM</p> <p>第二个午餐: 12:15 PM - 1:15 PM</p>
--	---	--