



Gary and Mary West Senior Wellness Center

Breakfast Menu - **OCTOBER** 2019



含有超過1000毫克鈉的膳食

	Tuesday 10/1/2019 Eggs, Cheese & Broccoli Waffle Sticks 雞蛋, 奶酪和西蘭花 華夫餅乾	Wednesday 10/2/2019 Breakfast Burrito Oatmeal 早餐捲餅 麥片	Thursday 10/3/2019 Cottage Cheese W.W. French Toast 乾酪 W.W. 法式吐司	Friday 10/4/2019 Breakfast Pizza Hard Boiled Egg 早餐披薩 水煮蛋	Saturday 10/5/2019 Eggs w/ Cheese W.W. English Muffin 雞蛋配奶酪 W.W. 英式鬆餅
	Monday 10/7/2019 Eggs, Cheese & Broccoli Multi-Grain Bread 雞蛋, 奶酪和西蘭花 多穀物麵包	Tuesday 10/8/2019 Eggs, Cheese & Peppers Multi-Grain Bread 雞蛋, 奶酪和辣椒 多穀物麵包	Wednesday 10/9/2019 Cottage Cheese W.W. French Toast 乾酪 W.W. 法式吐司	Thursday 10/10/2019 Peanut Butter Oatmeal 花生醬 麥片	Friday 10/11/2019 Breaded Chicken Patty W.W. English Muffin 麵包屑的雞肉餡餅 W.W. 英式鬆餅
Monday 10/14/2019 Eggs w/ Cheese Hashbrowns 雞蛋配奶酪 土豆煎餅	Tuesday 10/15/2019 Eggs, Ham & Peppers Cranberry Oatmeal 雞蛋, 火腿和辣椒 蔓越莓燕麥片	Wednesday 10/16/2019 Strawberry Yogurt Multi-Grain Bread 草莓酸奶 多穀物麵包	Thursday 10/17/2019 Eggs w/ Cheese Raisin Bran Cereal 雞蛋配奶酪 葡萄乾穀物	Friday 10/18/2019 Egg Patty, Sliced Ham Crispy Cubed Potatoes 蛋帕蒂, 切火腿 脆皮立方體馬鈴薯	Saturday 10/19/2019 Cottage Cheese Mini Bagels 乾酪 迷你百吉餅
Monday 10/21/2019 Mexican Scrambled Eggs Whole Wheat Tortilla 墨西哥炒雞蛋 全麥玉米餅	Tuesday 10/22/2019 Ham & Cheese W.W. English Muffin 火腿和奶酪 W.W. 英式鬆餅	Wednesday 10/23/2019 Turkey Sausage Links Pancakes 土雞香腸鏈接 薄煎餅	Thursday 10/24/2019 Eggs, Cheese & Broccoli Grits 雞蛋, 奶酪和西蘭花 糝	Friday 10/25/2019 Hard Boiled Egg W.W. English Muffin 水煮蛋 W.W. 英式鬆餅	Saturday 10/26/2019 Sausage & Gravy Biscuit 香腸和肉汁 餅乾
Monday 10/28/2019 Cottage Cheese Blueberry Muffin 乾酪 藍莓鬆餅	Tuesday 10/29/2019 Breaded Chicken Patty Biscuit 麵包屑的雞肉餡餅 餅乾	Wednesday 10/30/2019 Beef Hash Eggs, Cheese & Broccoli 牛肉哈希 雞蛋, 奶酪和西蘭花	Thursday 10/31/2019 Strawberry Yogurt Breakfast Pizza 草莓酸奶 早餐披薩	學電腦月 	



時間

周一 - 周五: 7:00 AM - 4:00 PM 周六 & 周天: 8:00 AM - 2:00 PM

用餐時間

*如果餐厅已滿或者以上午餐時間, 門將關閉。



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

周天

第一个午餐: 11:00 AM
 第二个午餐: 12:15 PM - 1:15 PM