



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



Denotes Meal is High in Sodium

Honoring all Veterans  Thank-you for your Service				Friday 11/1/2019 	Saturday 11/2/2019
				Eggs w/ Ham & Peppers Whole Wheat Bread Raisin Bran Cereal Applesauce	Mexican Scrambled Eggs Whole Wheat Tortilla Orange Juice 
Monday 11/4/2019	Tuesday 11/5/2019 	Wednesday 11/6/2019	Thursday 11/7/2019	Friday 11/8/2019	Saturday 11/9/2019
Cottage Cheese Mandarin Oranges  & Pears Mini Bagels Vegetable Juice	Eggs w/ Vegetables & Cheese  Whole Wheat Bread Raisin Bran Cereal Fresh Orange	String Cheese Peanut Butter Mult-Grain Bread Oatmeal Mixed Fruit	Strawberry Yogurt Peanut Butter Whole Grain Pancakes Strawberries Vegetable Juice	Eggs w/ Spinach & Mushrooms Whole Wheat Bread Bran Flakes Cereal Fresh Orange	Beef Hash O'Brien Potatoes Whole Wheat Bread  Tropical Fruit
Monday 11/11/2019	Tuesday 11/12/2019	Wednesday 11/13/2019	Thursday 11/14/2019 	Friday 11/15/2019	Saturday 11/16/2019 
Breaded Chicken Patty Whole Grain Biscuit Tropical Fruit Vegetable Juice 	Eggs w/ Cheese & Broccoli Waffle Sticks Seasonal Fruit	Breakfast Burrito Oatmeal  Mixed Fruit Vegetable Juice	Cottage Cheese Peaches & Mandarin Oranges W.W. French Toast Vegetable Juice	Breakfast Pizza Hard Boiled Egg Hashbrowns Raisin Bran Cereal Fresh Orange	Eggs w/ Cheese & Vegetables W.W. English Muffin Fresh Orange 
Monday 11/18/2019	Tuesday 11/19/2019 	Wednesday 11/20/2019 	Thursday 11/21/2019	Friday 11/22/2019	Saturday 11/23/2019
Eggs w/ Cheese & Broccoli Multi-Grain Bread Raisin Bran Cereal Mixed Fruit	Eggs w/ Cheese & Peppers  Multi-Grain Bread Raisin Bran Cereal Tropical Fruit	Cottage Cheese Peaches & Mandarin Oranges W.W. French Toast Vegetable Juice	Peanut Butter String Cheese Wheat Bread Oatmeal Vegetable Juice	Breaded Chicken Patty W.W. English Muffin Hashbrowns Fresh Orange 	Mexican Scrambled Eggs Whole Wheat Tortilla Diced Mango 
Monday 11/25/2019	Tuesday 11/26/2019	Wednesday 11/27/2019	Thursday 11/28/2019	Friday 11/29/2019	Saturday 11/30/2019
Eggs w/ Cheese Hashbrowns Bran Flakes Cereal Fresh Orange 	Eggs w/ Ham & Peppers Cranberry Oatmeal Multi-Grain Bread Orange Juice	Strawberry Yogurt Peanut Butter Mult-Grain Bread Fresh Orange Vegetable Juice	Center open 10:00 - 2:00 Lunch served at 11:00 and 12:15 	Egg Patty Ham & Cheese W.W. English Muffin Crispy Cubed Potatoes Tropical Fruit	Cottage Cheese Peaches & Mandarin Oranges Mini Bagels Vegetable Juice



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

