

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



Denotes Meal is High in Sodium

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Lanaring			Thank vau	Friday 11/1/2019	Saturday 11/2/2019
Honoring			Thank-you	Eggs w/	Mexican Scrambled Eggs
all			for your	Ham & Peppers	Whole Wheat Tortilla
Veterans	1967	N. S.	Service	Whole Wheat Bread	Orange Juice
Acreigiis	198		Selvice	Raisin Bran Cereal	Set Your Clocks
	1			Applesauce	Clocks Back
Monday	Tuesday 🍙	Wednesday	Thursday	Friday	Saturday
11/4/2019	11/5/2019 💆	11/6/2019	11/7/2019	11/8/2019	11/9/2019
Cottage Cheese	Eggs w/ Vegetables	String Cheese	Strawberry Yogurt	Eggs w/ Spinach	Beef Hash
Mandarin Oranges	& Cheese 👐	Peanut Butter	Peanut Butter	& Mushrooms	O'Brien Potatoes
& Pears	Whole Wheat Bread	Mulit-Grain Bread	Whole Grain Pancakes	Whole Wheat Bread	Whole Wheat Bread
Mini Bagels	Raisin Bran Cereal	Oatmeal	Strawberries	Bran Flakes Cereal	Tropical Fruit
Vegetable Juice	Fresh Orange	Mixed Fruit	Vegetable Juice	Fresh Orange	
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	Eggs w/ Cheese	Breakfast Burrito	Cottage Cheese	Breakfast Pizza	Eggs w/ Cheese
Whole Grain Biscuit	& Broccoli	Oatmeal	Peaches &	Hard Boiled Egg	& Vegetables
Tropical Fruit	Waffle Sticks	Mixed Fruit	Mandarin Oranges	Hashbrowns	W.W. English Muffin
Vegetable Juice	Seasonal Fruit	Vegetable Juice	W.W. French Toast	Raisin Bran Cereal	Fresh Orange
			Vegetable Juice	Fresh Orange	
Monday	Tuesday 🍙	Wednesday	Thursday	Friday	Saturday
11/18/2019	11/19/2019 🦃	11/20/2019	11/21/2019	11/22/2019	11/23/2019
Eggs w/ Cheese	Eggs w/ Cheese	Cottage Cheese	Peanut Butter	Breaded Chicken Patty	Mexican Scrambled Eggs
& Broccoli	& Peppers 💥	Peaches &	String Cheese	W.W. English Muffin	Whole Wheat Tortilla
Multi-Grain Bread	Multi-Grain Bread	Mandarin Oranges	Wheat Bread	Hashbrowns	Diced Mango
Raisin Bran Cereal	Raisin Bran Cereal	W.W. French Toast	Oatmeal	Fresh Orange	
Mixed Fruit	Tropical Fruit	Vegetable Juice	Vegetable Juice	-	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11/25/2019	11/26/2019	11/27/2019	11/28/2019	11/29/2019	11/30/2019
Eggs w/ Cheese	Eggs w/ Ham	Strawberry Yogurt	Center open 10:00 - 2:00	Egg Patty	Cottage Cheese
Hashbrowns	& Peppers	Peanut Butter	Lunch served at	Ham & Cheese	Peaches &
Bran Flakes Cereal	Cranberry Oatmeal	Mulit-Grain Bread	11:00 and 12:15	W.W. English Muffin	Mandarin Oranges
Fresh Orange	Multi-Grain Bread	Fresh Orange		Crispy Cubed Potatoes	Mini Bagels



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 Saturday Sunday Breakfast: 7:00 AM - 8:30 AM Breakfast: 8:00 AM - 9:00 AM 1st lunch: 11:00 AM

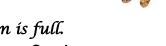
Vegetable Juice

1st lunch: 11:00 AM 1st lunch: 11:00 AM 2nd Lunch: 12:15 PM - 1:15 PM 2nd lunch: 12:15 PM 2nd lunch: 12:15 PM - 1:15 PM

3rd lunch: 1:15 PM - 1:45 PM

Orange Juice

Tropical Fruit



Vegetable Juice