



Gary and Mary West Senior Wellness Center Breakfast Menu - JANUARY 2020



表示膳食中钠含量高

		Wednesday 1/1/2020	Thursday 1/2/2020	Friday 1/3/2020	Saturday 1/4/2020
		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/ Mushrooms, W.W. English Muffin 蘑菇鸡蛋 W.W.英式松饼
Monday 1/6/2020	Tuesday 1/7/2020	Wednesday 1/8/2020	Thursday 1/9/2020	Friday 1/10/2020	Saturday 1/11/2020
Eggs w/ Cheese Multigrain Bread 鸡蛋配芝士 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 鸡蛋配芝士 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 w/ Tomatoes, Onions 墨西哥炒鸡蛋 西红柿·洋葱
Monday 1/13/2020	Tuesday 1/14/2020	Wednesday 1/15/2020	Thursday 1/16/2020	Friday 1/17/2020	Saturday 1/18/2020
Eggs w/ Mushrooms, Raisin Bran Cereal 蘑菇鸡蛋 葡萄干麸麦片	Eggs w/ Ham, Cranberry Oatmeal 鸡蛋加火腿· 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 Crispy Cubed Potatoes 蛋饼 脆皮土豆	Cottage Cheese Tropical Fruit 干酪 热带水果
Monday 1/20/2020	Tuesday 1/21/2020	Wednesday 1/22/2020	Thursday 1/23/2020	Friday 1/24/2020	Saturday 1/25/2020
Mexican Scrambled Eggs w/ Tomatoes, Onions 墨西哥炒鸡蛋 西红柿·洋葱	Ham & Cheese W.W. English Muffin 火腿和奶酪 W.W.英式松饼	Turkey Sausage Links Whole Grain Pancakes 土鸡香肠链接 全谷物煎饼	Eggs w/ Cheese Grits 鸡蛋配芝士 沙粒	Hard Boiled Egg W.W. English Muffin 水煮蛋 W.W.英式松饼	Biscuit & Gravy Strawberry Yogurt 干酪 热带水果
Monday 1/27/2020	Tuesday 1/28/2020	Wednesday 1/29/2020	Thursday 1/30/2020	Friday 1/31/2020	
Cottage Cheese Blueberry Muffin 干酪 蓝莓松饼	Breaded Chicken Patty Whole Grain Biscuit 面包屑的鸡肉馅饼 全麦饼干	Beef Hash Eggs w/ Cheese 牛肉哈希 鸡蛋配芝士	Strawberry Yogurt Breakfast Pizza 草莓酸奶 早餐披萨	Eggs w/ Ham Whole Wheat Bread 鸡蛋加火腿 全麦面包	



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。

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

周日

第一个午餐: 11:00 AM

第二个午餐: 12:15 PM - 1:15 PM