



Gary and Mary West Senior Wellness Center

Breakfast Menu - **OCTOBER** 2019



 Denotes Meal is High in Sodium

	Tuesday 10/1/2019	Wednesday 10/2/2019	Thursday 10/3/2019	Friday 10/4/2019	Saturday 10/5/2019
	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 10/7/2019	Tuesday 10/8/2019	Wednesday 10/9/2019	Thursday 10/10/2019	Friday 10/11/2019	Saturday 10/12/2019
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 Cranberry Cocktail Juice	Breaded Chicken Patty W.W. English Muffin Hashbrowns Fresh Orange 	Mexican Scrambled Eggs Whole Wheat Tortilla Diced Mango
Monday 10/14/2019	Tuesday 10/15/2019	Wednesday 10/16/2019	Thursday 10/17/2019	Friday 10/18/2019	Saturday 10/19/2019
Eggs w/ Cheese Hashbrowns Bran Flakes Cereal Fresh Orange 	Eggs w/ Ham & Peppers Cranberry Oatmeal Multi-Grain Bread Orange Juice	Strawberry Yogurt Peanut Butter Multi-Grain Bread Fresh Orange Vegetable Juice	Eggs w/ Cheese & Vegetables Raisin Bran Cereal Fresh Apple 	Egg Patty, Sliced Ham Swiss Cheese W.W. English Muffin Crispy Cubed Potatoes Tropical Fruit	Cottage Cheese Peaches & Mandarin Oranges Mini Bagels Vegetable Juice
Monday 10/21/2019	Tuesday 10/22/2019	Wednesday 10/23/2019	Thursday 10/24/2019	Friday 10/25/2019	Saturday 10/26/2019
Mexican Scrambled Eggs Whole Wheat Tortilla Mixed Fruit 	Sliced Ham Swiss Cheese W.W. English Muffin Hashbrowns Applesauce	Turkey Sausage Links Pancakes Tropical Fruit Vegetable Juice 	Eggs w/ Cheese & Broccoli Grits Whole Wheat Bread Fresh Apple	Hard Boiled Egg Peanut Butter W.W. English Muffin Bran Flakes Cereal Fresh Orange	Sausage & Gravy Biscuit Strawberry Yogurt O'Brien Potatoes Fresh Orange
Monday 10/28/2019	Tuesday 10/29/2019	Wednesday 10/30/2019	Thursday 10/31/2019	Computer Learning Month	
Cottage Cheese Mixed Fruit Blueberry Muffin Raisin Bran Cereal Vegetable Juice	Breaded Chicken Patty Biscuit Fresh Orange Vegetable Juice 	Beef Hash Eggs w/ Cheese & Broccoli Whole Wheat Bread Mixed Fruit	Strawberry Yogurt Breakfast Pizza Hashbrowns Tropical Fruit 		



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

