








# Gary and Mary West Senior Wellness Center

## Breakfast Menu - **DECEMBER** 2019



 Denotes Meal is High in Sodium

Monday 12/2/2019	Tuesday 12/3/2019	Wednesday 12/4/2019 	Thursday 12/5/2019	Friday 12/6/2019	Saturday 12/7/2019 
Mexican Scrambled Eggs Whole Wheat Tortilla Mixed Fruit 	Sliced Ham Swiss Cheese W.W. English Muffin Hashbrowns Applesauce	Turkey Sausage Links Whole Grain Pancakes Tropical Fruit  V8 Juice Pancake Syrup	Eggs w/ Cheese & Broccoli Grits  Whole Wheat Bread Fresh Apple	Hard Boiled Egg Peanut Butter W.W. English Muffin Bran Flakes Cereal V8 Juice & Orange	Sausage Gravy Whole Grain Biscuit Strawberry Yogurt O'Brien Potatoes Fresh Orange
Monday 12/9/2019 	Tuesday 12/10/2019	Wednesday 12/11/2019	Thursday 12/12/2019	Friday 12/13/2019 	Saturday 12/14/2019
Cottage Cheese Mixed Fruit Blueberry Muffin Raisin Bran Cereal V8 Juice	Breaded Chicken Patty Whole Grain Biscuit Fresh Orange  V8 Juice	Beef Hash Eggs w/ Cheese & Broccoli Whole Wheat Bread Mixed Fruit	Strawberry Yogurt Whole Grain Pizza Hashbrowns Tropical Fruit 	Eggs w/ Ham & Vegetables Whole Wheat Bread Raisin Bran Cereal Applesauce	Mexican Scrambled Eggs Whole Wheat Tortilla Orange Juice 
Monday 12/16/2019	Tuesday 12/17/2019 	Wednesday 12/18/2019	Thursday 12/19/2019	Friday 12/20/2019	Saturday 12/21/2019
Cottage Cheese Mixed Fruit Cream Cheese Bagel V8 Juice 	Eggs w/ Cheese & Vegetables Whole Wheat Bread Raisin Bran Cereal Fresh Orange	String Cheese Peanut Butter Multigrain Bread Oatmeal Mixed Fruit	Strawberry Yogurt Whole Grain Pancakes Peanut Butter Strawberries V8 Juice 	Spinach Mushroom-Egg Scramble Whole Wheat Bread Bran Flakes Cereal Fresh Orange	Beef Hash O'Brien Potatoes Whole Wheat Bread Tropical Fruit 
Monday 12/23/2019	Tuesday 12/24/2019	Wednesday 12/25/2019	Thursday 12/26/2019 	Friday 12/27/2019	Saturday 12/28/2019 
Breaded Chicken Patty Whole Grain Biscuit Tropical Fruit V8 Juice 	Eggs w/ Cheese & Broccoli Waffle Sticks Fresh Fruit 	Center open 10:00 - 2:00 Lunch served at 11:00 and 12:15 	Cottage Cheese Mixed Fruit W.W. French Toast V8 Juice 	Whole Grain Pizza Hard Boiled Egg Hashbrowns Raisin Bran Cereal Fresh Orange	Eggs w/ Cheese & Vegetables W.W. English Muffin Fresh Orange 
Monday 12/30/2019	Tuesday 12/31/2019 				
Eggs w/ Cheese & Broccoli Multigrain Bread Raisin Bran Cereal Mixed Fruit 	Eggs w/ Cheese & Peppers Multigrain Bread Raisin Bran Cereal 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

