



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



含有超過1000毫克鈉的膳食

<b>Honoring all Veterans</b>  <b>Thank-you for your Service</b>				<b>Friday</b> <b>11/1/2019</b>  Eggs w/ Ham Whole Wheat Bread 火腿鸡蛋 全麦面包	<b>Saturday</b> <b>11/2/2019</b> Mexican Scrambled Eggs Whole Wheat Tortilla  → 墨西哥炒鸡蛋 全麦玉米饼
				<b>Monday</b> <b>11/4/2019</b> Cottage Cheese Mini Bagels  干酪 迷你百吉饼	<b>Tuesday</b> <b>11/5/2019</b>  Eggs w/ Vegetables Whole Wheat Bread  蔬菜鸡蛋 全麦面包
<b>Monday</b> <b>11/11/2019</b> Breaded Chicken Patty Whole Grain Biscuit  面包屑的鸡肉馅饼 全麦饼干	<b>Tuesday</b> <b>11/12/2019</b> Eggs w/ Cheese Waffle Sticks 芝士蛋 华夫饼干	<b>Wednesday</b> <b>11/13/2019</b> Breakfast Burrito Oatmeal  早餐卷饼 麦片	<b>Thursday</b> <b>11/14/2019</b>  Cottage Cheese W.W. French Toast 干酪 W.W.法式吐司	<b>Friday</b> <b>11/15/2019</b> Breakfast Pizza Hard Boiled Egg 早餐披萨 水煮蛋	<b>Saturday</b> <b>11/16/2019</b>  Eggs w/ Cheese W.W. English Muffin  芝士蛋 W.W.英式松饼
<b>Monday</b> <b>11/18/2019</b> Eggs w/ Cheese Multi-Grain Bread 芝士蛋 多谷物面包	<b>Tuesday</b> <b>11/19/2019</b>  Eggs w/ Cheese Raisin Bran Cereal  芝士蛋 葡萄干麸麦片	<b>Wednesday</b> <b>11/20/2019</b>  Cottage Cheese W.W. French Toast 干酪 W.W.法式吐司	<b>Thursday</b> <b>11/21/2019</b> Peanut Butter Oatmeal 花生酱 麦片	<b>Friday</b> <b>11/22/2019</b> Breaded Chicken Patty W.W. English Muffin  面包屑的鸡肉馅饼 W.W.英式松饼	<b>Saturday</b> <b>11/23/2019</b> Mexican Scrambled Eggs Whole Wheat Tortilla  墨西哥炒鸡蛋 全麦玉米饼
<b>Monday</b> <b>11/25/2019</b> Eggs w/ Cheese Hashbrowns  芝士蛋 土豆煎饼	<b>Tuesday</b> <b>11/26/2019</b> Eggs w/ Ham Cranberry Oatmeal 鸡蛋加火腿 蔓越莓燕麦片	<b>Wednesday</b> <b>11/27/2019</b> Strawberry Yogurt Multi-Grain Bread 草莓酸奶 多谷物面包	<b>Thursday</b> <b>11/28/2019</b> 中心开放 10:00 - 2:00 午餐于 11:00 and 12:15 	<b>Friday</b> <b>11/29/2019</b> Egg Patty Ham & Cheese 蛋饼 火腿和奶酪	<b>Saturday</b> <b>11/30/2019</b> Cottage Cheese Mini Bagels  干酪 迷你百吉饼



## 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

