

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



Denotes Meal is High in Sodium

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		Wednesday 1/1/2020	Thursday 1/2/2020	Friday 1/3/2020	Saturday 1/4/2020
		Breakfast Taco	Cottage Cheese	Breakfast Pizza	Eggs w/ Mushrooms,
		Oatmeal 🍯	Mixed Fruit	Hard Boiled Egg	Peppers & Cheese
		Mixed Fruit	W.W. French Toast	Hashbrowns	W.W. English Muffin
	2020	🔵 V8 Juice 🗧	V8 Juice	Raisin Bran Cereal	Fresh Orange
	Hoppy Chinese New year	Taco Sauce	Pancake Syrup	Fresh Orange	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/6/2020	1/7/2020	1/8/2020 🖉	1/9/2020	1/10/2020	1/11/2020
Eggs w/ Cheese	Peanut Butter	Cottage Cheese	Eggs w/ Cheese	Breaded Chicken Patty	Mexican Scrambled Eggs
& Broccoli	String Cheese	Mixed Fruit	& Peppers	W.W. English Muffin	w/ Tomatoes, Onions
Multigrain Bread	Whole Wheat Bread	W.W. French Toast	Multigrain Bread	Hashbrowns	& Chiles
Raisin Bran Cereal	Oatmeal 🝏	V8 Juice	Raisin Bran Cereal	Fresh Orange	Whole Wheat Tortilla
Mixed Fruit	Fresh Apple	Pancake Syrup	Tropical Fruit		Mixed Fruit
Monday 🏠	Tuesday	Wednesday	Thursday	Friday	Saturday
1/13/2020 👹	1/14/2020	1/15/2020	1/16/2020	1/17/2020	1/18/2020
Eggs w/ Mushrooms,	Eggs w/ Ham,	Strawberry Yogurt	Scrambled Eggs	Egg Patty	Cottage Cheese
Peppers & Cheese	& Peppers	Peanut Butter	w/ Cheese	Ham & Cheese	Tropical Fruit
Raisin Bran Cereal	Cranberry Oatmeal	Multi-Grain Bread	Hashbrowns	W.W. English Muffin	Cream Cheese Bagels
Fresh Apple	Multigrain Bread	Fresh Orange	Bran Flakes Cereal	Crispy Cubed Potatoes	V8 Juice 🛛 🌽
Se	Orange Juice	V8Juice 🦚	Fresh Orange	Tropical Fruit	
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	Sliced Ham	Turkey Sausage Links	Eggs w/ Cheese	Hard Boiled Egg	Biscuit & Gravy
w/ Tomatoes, Onions	Swiss Cheese	Whole Grain Pancakes	& Broccoli	Peanut Butter	Strawberry Yogurt
& Chiles	W.W. English Muffin Hashbrowns	Tropical Fruit V8 Juice	Grits	W.W. English Muffin Bran Flakes Cereal	String Cheese Hashbrowns
Mixed Fruit	Applesauce	Pancake Syrup	Fresh Apple	Fresh Orange	Fresh Orange
Monday 1/27/2020	Tuesday 1/28/2020	Wednesday 1/29/2020	Thursday 1/30/2020	Friday 1/31/2020	NATIONAL
Cottage Cheese	Breaded Chicken Patty	Beef Hash	Strawberry Yogurt	Eggs w/ Ham,	BLOOD
Sliced Peaches	Whole Grain Biscuit	Eggs w/ Cheese	Breakfast Pizza	Peppers & Onions	
Blueberry Muffin	Fresh Orange	& Broccoli	Hashbrowns	Whole Wheat Bread	MUNTH
Raisin Bran Cereal	V8 Juice	Whole Wheat Bread	Tropical Fruit	Raisin Bran Cereal	
🔍 V8 Juice		Mixed Fruit		Applesauce	}



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.

<u>Monday - Friday</u> 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 <u>Saturday</u> Breakfast: 8:00 AM - 9:00 AM 1st lunch: 11:00 AM 2nd lunch: 12:15 PM - 1:15 PM <u>Sunday</u> 1st lunch: 11:00 AM 2nd Lunch: 12:15 PM - 1:15 PM