



Gary and Mary West Senior Wellness Center

Breakfast Menu - October 2021



 Denotes Meal is High in Sodium

 <p>Happy Halloween</p>				Friday 10/1/2021 Egg Patty  Sliced Cheddar Cheese Turkey Sausage Link Raisin Bran Cereal Pineapple Tidbits	Saturday 10/2/2021  Turkey Ham Black Beans Broccoli & Carrots Whole Wheat Tortilla Fresh Banana
Monday 10/4/2021 	Tuesday 10/5/2021 	Wednesday 10/6/2021	Thursday 10/7/2021 	Friday 10/8/2021	Saturday 10/9/2021
Refried Beans Mozzarella Cheese Fiesta Vegetables Whole Wheat Tortilla Mixed Fruit	Egg Patty Sliced Turkey Breast Spinach W.W. English Muffin Tropical Fruit	Greek Yogurt Peanut Butter, Cheese Whole Wheat Bread Edamame Applesauce	Hard Boiled Eggs Sliced Turkey Breast Green Pea Salad Multi-Grain Bread Fresh Banana	Egg Patty, Cheese Turkey Sausage Patty Carrot Raisin Salad Whole Grain Pancake Fresh Orange	Turkey Ham Hard Boiled Eggs Carrots & Lima Beans W.W. English Muffin Fresh Tangerines
Monday 10/11/2021	Tuesday 10/12/2021 	Wednesday 10/13/2021	Thursday 10/14/2021	Friday 10/15/2021 	Saturday 10/16/2021
Hard Boiled Eggs Peanut Butter  Carrots Multi-Grain Bread Fresh Orange	Sliced Turkey Breast Pinto Beans, Egg Patty O'Brien Potatoes Whole Wheat Tortilla Fresh Apple	Hard Boiled Eggs Broccoli & Carrots Sausage Gravy Whole Grain Biscuit Grape Juice	Cottage Cheese Yams Whole Wheat Bread Tropical Fruit 	Turkey Sausage Link Hard Boiled Eggs Edamame Bran Muffin Applesauce	Egg Patty, Cheese Beef Hash Tomato Spoon Relish Whole Wheat Bread Tropical Fruit
Monday 10/18/2021	Tuesday 10/19/2021	Wednesday 10/20/2021	Thursday 10/21/2021	Friday 10/22/2021 	Saturday 10/23/2021
Bean/Cheese Burrito w/ Shredded Cheese Sliced Carrots Spanish Rice Fresh Orange	Peanut Butter Hard Boiled Eggs Raisin Bran Cereal California Veggie Salad Fresh Banana	Breaded Chicken Patty Cheesy Potatoes & Corn W.W. English Muffin Mandarin Oranges 	Cottage Cheese Glazed Carrots Bran Muffin Tropical Fruit 	Turkey Ham Swiss Cheese Whole Grain Biscuit Spinach Mixed Fruit	Egg Patty Sliced Turkey Breast O'Brien Potatoes Whole Wheat Tortilla Fresh Banana
Monday 10/25/2021 	Tuesday 10/26/2021	Wednesday 10/27/2021	Thursday 10/28/2021	Friday 10/29/2021  	Saturday 10/30/2021
Egg Patty Sliced Turkey Breast Yams W.W. English Muffin Cranberry Cocktail Juice	Greek Yogurt Peanut Butter, Cheese Carrot Raisin Salad Whole Wheat Bread Fresh Tangerines	Egg Patty, Turkey Ham Black Beans Fiesta Vegetables Whole Wheat Tortilla Fresh Orange	Hard Boiled Eggs String Cheese California Veggie Salad Whole Wheat Bread Mixed Fruit	Turkey Sausage Patty Swiss Cheese O'Brien Potatoes W.W. English Muffin Fruit Cocktail	Cottage Cheese Carrots Raisin Bran Cereal Multi-Grain Bread 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 - 8:00 AM
1st lunch: 11:00 AM
2nd lunch: 12:15 PM - 1:00 PM

Saturday

Breakfast: 8:00 AM - 9:00 AM
1st lunch: 11:00 AM
2nd lunch: 12:15 PM - 1:00 PM

Sunday

No Breakfast
1st lunch: 11:00 AM
2nd lunch: 12:15 PM - 1:00 PM

