



Gary and Mary West Senior Wellness Center

Breakfast Menu - MARCH 2020



 Denotes Meal is High in Sodium

Monday 3/2/2020	Tuesday 3/3/2020	Wednesday 3/4/2020 	Thursday 3/5/2020	Friday 3/6/2020	Saturday 3/7/2020 
Mexican Scrambled Eggs Tomatoes, Onions, Chilis Whole Wheat Tortilla Mixed Fruit 	Ham & 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 Fresh Orange	Sausage Gravy Whole Grain Biscuit Strawberry Yogurt Hashbrowns Fresh Orange
Monday 3/9/2020 	Tuesday 3/10/2020	Wednesday 3/11/2020	Thursday 3/12/2020	Friday 3/13/2020 	Saturday 3/14/2020
Cottage Cheese Sliced Peaches 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 Breakfast Pizza Hashbrowns Tropical Fruit 	Eggs w/ Ham, Peppers & Onions Whole Wheat Bread Raising Bran Cereal Applesauce	Mexican Scrambled Eggs Tomatoes, Onions, Chilis Whole Wheat Tortilla Orange Juice 
Monday 3/16/2020	Tuesday 3/17/2020 	Wednesday 3/18/2020 	Thursday 3/19/2020	Friday 3/20/2020 	Saturday 3/21/2020
Cottage Cheese Tropical Fruit Mini Bagels V8 Juice 	String Cheese Peanut Butter Multigrain Bread  Oatmeal Mixed Fruit	Eggs w/ Cheese, Mushrooms & Peppers Whole Wheat Bread Raisin Bran Cereal Fresh Orange	Strawberry Yogurt Peanut Butter Whole Grain Pancakes 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 3/23/2020	Tuesday 3/24/2020	Wednesday 3/25/2020 	Thursday 3/26/2020 	Friday 3/27/2020	Saturday 3/28/2020 
Breaded Chicken Patty Whole Grain Biscuit Tropical Fruit V8 Juice 	Eggs w/ Cheese & Broccoli Waffle Sticks Fresh Fruit	Breakfast Taco Oatmeal Mixed Fruit V8 Juice 	Cottage Cheese Mixed Fruit W.W. French Toast V8 Juice 	Breakfast Pizza Hard Boiled Egg Hashbrowns Raising Bran Cereal Fresh Orange	Eggs w/ Cheese, Mushrooms & Peppers W.W. English Muffin Fresh Orange 
Monday 3/30/2020	Tuesday 3/31/2020	 			
Eggs w/ Cheese & Broccoli Multigrain Bread Raisin Bran Cereal Mixed Fruit	Peanut Butter String Cheese Whole Wheat Bread  Oatmeal Fresh Apple				



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

