

FEBRUARY



**SERVING
SENIORS**

Gary and Mary West Senior Wellness Center


Breakfast: Mon-Fri, 7-8 a.m./ Sat, 8-9 a.m.

BREAKFAST MENU FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Mexican Scrambled Eggs Charro Beans Whole Wheat Tortilla Fresh Orange Taco Sauce	3 Egg Patty Turkey Sausage Links Fajita Vegetable Blend Whole Wheat English Muffin Raisins Margarine & Jelly	4 Omelet Creamed Spinach Whole Wheat Bread Tropical Fruit Margarine & Jelly	5 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Blueberry Muffin Mixed Fruit Margarine	6 Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	7 Hard Boiled Eggs Whole Grain Banana Muffin Diced Peaches Tomato Juice Margarine & Jelly
9 Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Mandarin Oranges	10 Three Cheese Egg Bites Garlic Spinach Whole Wheat English Muffin Applesauce Jelly	11 Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Grain Mini Waffles Pineapple Tidbits Margarine & Syrup	12 Charro Beans Egg Patty Shredded Cheese Fajita Vegetable Blend Whole Wheat Tortilla Raisins	13 Whole Grain Breakfast Burrito Brown Spanish Rice Fiesta Vegetable Blend Diced Peaches Taco Sauce	14 Turkey Ham Roasted Sweet Potatoes Whole Wheat English Muffin Tropical Fruit Margarine
16 Turkey Sausage Patties Roasted Sweet Potatoes Oatmeal Mixed Fruit Margarine	17 Scrambled Eggs with Onions & Peppers Charro Beans Whole Grain Corn Muffin Fresh Orange	18 Egg Patties Fajita Vegetable Blend Whole Grain Mini Waffles Tropical Fruit Syrup	19 Spinach Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Applesauce Margarine & Jelly	20 Hard Boiled Eggs Tomato Juice Whole Wheat English Muffin Raisins Margarine & Jelly	21 Three Cheese Egg Bites Seasoned Spinach Whole Grain Banana Muffin Mixed Fruit
23 Mexican Scrambled Eggs Charro Beans Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	24 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Diced Pears Syrup	25 Hard Boiled Eggs Whole Wheat English Muffin Raisins Tomato Juice Margarine & Jelly	26 Omelet Creamed Spinach Whole Grain Blueberry Muffin Tropical Fruit	27 Whole Grain Breakfast Burrito O'Brien Potatoes Fresh Orange	28 Egg Patty Turkey Sausage Patty Fajita Vegetable Blend Whole Wheat English Muffin Raisins Margarine & Jelly

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, milk, wheat.

Menu Subject to Change

This project is supported by Older American's Act funds by the county of San Diego Health & Human Services Agency, Aging & Independence Services. Suggested contribution is \$2.50 per meal.

No eligible person shall be denied a meal because of failure or inability to

CONTACT: 619-235-6572 | WWW.SERVINGSENIORS.ORG