




SERVING SENIORS BREAKFAST MENU JULY 2024

Gary and Mary West Senior Wellness Center
Breakfast: Mon-Fri, 7-8 a.m./ Sat, 8-9 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cheese Omelet Garlic Spinach Whole Wheat Bread Fresh Orange Margarine Jelly	2 Turkey Sausage Patties O'Brien Potatoes Whole Grain Waffles Fresh Apple Syrup	3 Hard Boiled Eggs WW English Muffin Diced Peaches Tomato Juice Margarine Jelly	4 Scrambled Eggs Fiesta Vegetable Blend Multi-Grain Bread Raisins Jelly	5 Egg White Frittata Oven Roasted Potatoes Whole Grain Biscuit Applesauce Jelly	6 Turkey Ham Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Pineapple Tidbits
8 Turkey Sausage Patties Sausage Gravy Roasted Sweet Potatoes Whole Grain Biscuit Mixed Fruit	9 Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Diced Peaches	10 Crustless Spinach Mushroom Quiche Potato Wedges Raisin Bran Cereal Fresh Orange Ketchup	11 Scrambled Eggs O'Brien Potatoes Oatmeal Diced Pears	12 Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Pineapple Tidbits	13 Turkey Sausage Patty Scrambled Eggs Fajita Vegetable Blend WW English Muffin Fresh Apple Margarine Jelly
15 Scrambled Eggs Roasted Sweet Potatoes Raisin Bran Cereal Diced Peaches	16 Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Diced Pears	17 Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mixed Fruit	18 Egg Patty Turkey Sausage Patty Roasted Diced Potatoes Whole Grain Biscuit Fresh Orange Jelly	19 Cheese Omelet Creamed Spinach Multi-Grain Bread Applesauce Jelly	20 Turkey Sausage Patties O'Brien Potatoes Whole Grain Pancakes Diced Peaches Syrup
22 Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Diced Peaches	23 Cheese Omelet Garlic Spinach Multi-Grain Bread Mixed Fruit Margarine Jelly	24 Scrambled Eggs with Onions & Peppers Roasted Diced Potatoes Oatmeal Pineapple Tidbits	26 Hard Boiled Eggs WW English Muffin Raisins Tomato Juice Jelly	26 Turkey Ham Roasted Sweet Potatoes Whole Grain Pancakes Diced Pears Syrup	27 Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Applesauce
29 Turkey Sausage Links Hash Brown Patty Whole Grain Pancakes Mixed Fruit Syrup	30 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Pineapple Tidbits Jelly	31 Turkey Sausage Patties Roasted Sweet Potatoes WW English Muffin Mixed Fruit Jelly			

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥ 1000 mg

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

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 contribute.