



Gary and Mary West Senior Wellness Center

Breakfast Menu - October 2021



钠含量高的早餐

				Friday 10/1/2021 Egg Patty Turkey Sausage Link 蛋餅 火雞香腸鏈接	Saturday 10/2/2021 Turkey Ham Black Beans 火雞火腿 黑豆
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 Fiesta Vegetables 豆泥 嘉年華蔬菜	Sliced Turkey Breast W.W. English Muffin 切片火雞胸肉 W.W. 英式鬆餅	Greek Yogurt Peanut Butter 希臘酸奶 花生醬	Hard Boiled Eggs Green Pea Salad 白熟蛋 綠豌豆沙拉	Egg Patty Whole Grain Pancake 蛋餅 全麥煎餅	Turkey Ham Carrots & Lima Beans 火雞火腿 胡蘿蔔和利馬豆
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 Multi-Grain Bread 白熟蛋 雜糧麵包	Sliced Turkey Breast Pinto Beans 切片火雞胸肉 斑豆	Hard Boiled Eggs Broccoli & Carrots 白熟蛋 西蘭花和胡蘿蔔	Cottage Cheese Yams 乾酪 山藥	Turkey Sausage Link Bran Muffin 火雞香腸鏈接 麩皮鬆餅	Egg Patty Beef Hash 蛋餅 牛肉雜燴
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 Spanish Rice 豆/奶酪捲餅 西班牙米飯	Raisin Bran Cereal California Veggie Salad 葡萄乾麩麥片 加州蔬菜沙拉	Breaded Chicken Patty Cheesy Potatoes & Corn 麵包雞肉餅 奶酪土豆和玉米	Cottage Cheese Bran Muffin 乾酪 麩皮鬆餅	Turkey Ham Whole Grain Biscuit 火雞火腿 全麥餅乾	Sliced Turkey Breast O'Brien Potatoes 切片火雞胸肉 奧布萊恩土豆
Monday 10/25/2021	Tuesday 10/26/2021	Wednesday 10/27/2021	Thursday 10/28/2021	Friday 10/29/2021	Saturday 10/30/2021
Sliced Turkey Breast Yams 切片火雞胸肉 山藥	Greek Yogurt Carrot Raisin Salad 希臘酸奶 胡蘿蔔葡萄乾沙拉	Turkey Ham Black Beans 火雞火腿 黑豆	Hard Boiled Eggs California Veggie Salad 白熟蛋 加州蔬菜沙拉	Turkey Sausage Patty O'Brien Potatoes 火雞香腸餡餅 奧布萊恩土豆	Cottage Cheese Raisin Bran Cereal 乾酪 葡萄乾麩麥片



时间

周一 - 周五: 7:00 AM - 4:00 PM 周六 & 周日: 8:00 AM - 2:00 PM

用餐时间

*如果餐厅已满或者以上午餐时间, 门将关闭。

周一 - 周五

周六

周日

早餐: 7:00 AM - 8:00 AM

早餐: 8:00 AM - 9:00 AM

早午餐: 11:00 AM

第一个午餐: 11:00 AM

第一个午餐: 11:00 AM

第二个午餐: 12:15 PM - 1:00 PM

第二个午餐: 12:15 PM - 1:00 PM

第二个午餐: 12:15 PM - 1:00 PM

