

Gary and Mary West Senior Wellness Center



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

Lunch: Mon-Fri, 11 a.m., 12:15 p.m., 1:15 p.m./ Sat-Sun, 11 a.m., 12:15 p.m.

**Breakfast Menu
February 2024**

***Door closes at lunchtime listed or earlier if Dining Room is full.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p>			<p>1 Hard Boiled Eggs WW English Muffin Fresh Pear Tomato Juice Milk Margarine Jelly</p>	<p>2 Turkey Ham Sweet Potato Chunks Whole Grain Pancakes Applesauce Milk Syrup</p>	<p>3 Scrambled Eggs Black Beans Whole Wheat Tortilla Tropical Fruit Milk</p>
<p>5 Turkey Sausage Links  Whole Grain Pancakes Mixed Fruit Tomato Juice Milk Margarine Syrup</p>	<p>6 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Fresh Orange Milk Margarine</p>	<p>7 Turkey Sausage Patties Sweet Potato Chunks WW English Muffin Tropical Fruit Milk Margarine Jelly</p>	<p>8 Cheese Omelet Spinach Multi-Grain Bread Mixed Fruit Milk Margarine Jelly</p>	<p>9 Hard Boiled Eggs WW English Muffin Fresh Banana Tomato Juice Milk Margarine Jelly</p>	<p>10 Pinto Beans Brown Rice Fiesta Vegetable Blend Peaches Milk</p>
<p>12 Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Sweet Potato Chunks WW English Muffin Fresh Orange Milk</p>	<p>13 Scrambled Eggs Black Beans Whole Wheat Bread Tropical Fruit Milk Margarine Jelly</p>	<p>14 Tofu Scramble O'Brien Potatoes WW English Muffin Fresh Pear Milk Margarine Jelly</p>	<p>15 Hard Boiled Eggs Sweet Potato Chunks Whole Grain Biscuit Applesauce Milk Margarine</p>	<p>16 Pinto Beans Shredded Cheese Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Banana Milk Taco Sauce</p>	<p>17 Turkey Sausage Patties O'Brien Potatoes Whole Grain Waffles Peaches Milk Syrup</p>
<p>19 Cheese Omelet Garlic Spinach Whole Wheat Bread Fresh Orange Milk Margarine Jelly</p>	<p>20 Turkey Sausage Patties Sweet Potato Wedges Whole Grain Pancakes Mixed Fruit Milk Margarine Syrup</p>	<p>21 Hard Boiled Eggs Whole Wheat English Muffin Fresh Pear Tomato Juice Milk Margarine Jelly</p>	<p>22 Black Beans Shredded Cheese O'Brien Potatoes Whole Wheat Tortilla Fresh Apple Milk Taco Sauce</p>	<p>23 Scrambled Eggs Fiesta Vegetable Blend Multi-Grain Bread Fresh Banana Milk Margarine Jelly</p>	<p>24 Turkey Ham Sliced Cheddar Cheese Sweet Potato Chunks WW English Muffin Fresh Orange Milk</p>
<p>26 Turkey Sausage Patties Sweet Potato Wedges WW English Muffin Tropical Fruit Milk Jelly</p>	<p>27 Pinto Beans Shredded Cheese Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits Milk Taco Sauce</p>	<p>28 Tofu Scramble Crispy Cubed Potatoes Raisin Bran Cereal Fresh Banana Milk</p>	<p>29 Scrambled Eggs O'Brien Potatoes Oatmeal Fresh Pear Milk</p>	<p>Please note: These meals may contain the following allergens: Peanuts Tree Nuts Seafood Shellfish Soy Eggs Milk Wheat Sesame. All meals contain 8 ounces milk.</p>	
					<p> Denotes Sodium ≥ 1000 mg</p>