





## BREAKFAST MENU NOVEMBER 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
				<b>1</b> WG Breakfast Burrito O'Brien Potatoes Diced Peaches Taco Sauce	<b>2</b> Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Fiesta Vegetable Blend WW English Muffin Fresh Apple Margarine & Jelly
<b>4</b> Hard Boiled Eggs Chick Pea Salad Whole Wheat Bread Fresh Orange Jelly	<b>5</b> Turkey Sausage Patties Roasted Diced Potatoes Whole Grain Pancakes Mixed Fruit Syrup	<b>6</b> Cheese Omelet Garlic Spinach Whole Wheat Bread Diced Pears Margarine & Jelly	<b>7</b> Mexican Scrambled Eggs Fiesta Vegetable Blend Multi-Grain Bread Raisins Jelly	<b>8</b> Egg White Frittata Oven Roasted Potatoes Whole Grain Biscuit Strawberry Applesauce Jelly	<b>9</b> Turkey Ham Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Pineapple Tidbits
<b>11</b> Scrambled Eggs O'Brien Potatoes Oatmeal Diced Peaches	<b>12</b> Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Applesauce	<b>13</b> Crustless Spinach Mushroom Quiche Potato Wedges Whole Wheat Bread Fresh Orange Margarine, Jelly, Ketchup	<b>14</b> Country Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Diced Pears	<b>15</b> Egg White Frittata Fiesta Vegetable Blend Whole Grain Biscuit Fresh Apple Jelly	<b>16</b> Turkey Sausage Links Egg Patty Fajita Vegetable Blend WW English Muffin Diced Peaches Margarine & Jelly
<b>18</b> Cheesy Scrambled Eggs Roasted Sweet Potatoes Cheerios Diced Peaches	<b>19</b> Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Mixed Fruit	<b>20</b> Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Fresh Apple	<b>21</b> Egg Patty Turkey Sausage Patty Roasted Diced Potatoes Whole Grain Biscuit Fresh Orange Jelly	<b>22</b> Cheese Omelet Creamed Spinach Multi-Grain Bread Diced Pears Jelly	<b>23</b> Turkey Sausage Patties Hash Brown Patty Whole Grain Waffles Diced Peaches Syrup
<b>25</b> Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Fresh Orange	<b>26</b> Crustless Spinach Mushroom Quiche O'Brien Potatoes Oatmeal Raisins	<b>27</b> Hard Boiled Eggs WW English Muffin Pineapple Tidbits Tomato Juice Margarine & Jelly	<b>28</b> Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Diced Peaches	<b>29</b> Turkey Ham Roasted Sweet Potatoes Whole Grain Waffles Pineapple Tidbits Margarine & Jelly Syrup	<b>30</b> Cheese Omelet Garlic Spinach Multi-Grain Bread Mixed Fruit Margarine & 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.