

# May 2021 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31 Memorial Day</b> Breaded Chicken Sweet Potatoes  麵包雞 紅薯				<b>1 May Day</b> Cottage Cheese Three Bean Salad  乾酪 三豆色拉	<b>2</b> Hard Boiled Eggs W.W. English Muffin  白煮蛋 W.W. 英式鬆餅	
<b>3</b> Egg Patty Sliced Turkey Breast  蛋餅 火雞胸薄片	<b>4</b> Cottage Cheese Banana Muffin  乾酪 香蕉鬆餅	<b>5 Cinco de Mayo</b> Breaded Chicken Whole Grain Biscuit  麵包雞 全麥餅乾	<b>6</b> Scrambled Eggs Beef Hash  炒雞蛋 牛肉哈希	<b>7</b> Hard Boiled Eggs Whole Grain Pancakes  白煮蛋 全穀物煎餅	<b>8</b> Peanut Butter Chocolate Chip Muffin  花生醬 巧克力鬆餅	<b>9 Mother's Day</b> Scrambled Eggs Black Beans  炒雞蛋 黑豆
<b>10</b> Egg Patty Broccoli  蛋餅 西蘭花	<b>11</b> Hard Boiled Eggs Chocolate Chip Muffin  白煮蛋 巧克力鬆餅	<b>12</b> Scrambled Eggs Hashbrowns  炒雞蛋 土豆煎餅	<b>13</b> Cheese Omelet Yams  起司煎蛋捲 山藥	<b>14</b> Strawberry Yogurt Whole Wheat Bread  草莓酸奶 全麥麵包	<b>15</b> Egg Patty Turkey Sausage Patty  蛋餅 火雞香腸肉餅	<b>16</b> Cottage Cheese Blueberry Muffin  乾酪 藍莓鬆餅
<b>17</b> Strawberry Yogurt California Salad  草莓酸奶 加州沙拉	<b>18</b> Egg Patty Whole Grain Pancakes  蛋餅 全穀物煎餅	<b>19</b> Hard Boiled Eggs Whole Wheat Bread  白煮蛋 全麥麵包	<b>20</b> Egg Patty Refried Beans  蛋餅 豆泥	<b>21</b> Scrambled Eggs Beef Hash  炒雞蛋 牛肉哈希	<b>22</b> Breaded Chicken Edamame  麵包雞 毛豆	<b>23</b> Peanut Butter Whole Wheat Bread  花生醬 全麥麵包
<b>24</b> Scrambled Eggs Sausage & Gravy  炒雞蛋 香腸和肉汁	<b>25</b> Hard Boiled Eggs Three Bean Salad  白煮蛋 三豆色拉	<b>26</b> Egg Patty O'Brien Potatoes  蛋餅 奧布莱恩土豆	<b>27</b> Cottage Cheese Mixed Fruit  乾酪 混合水果	<b>28</b> Scrambled Eggs Turkey Sausage Links  炒雞蛋 火雞香腸鏈接	<b>29</b> Turkey Sausage Patty O'Brien Potatoes  火雞香腸肉餅 奧布莱恩土豆	<b>30</b> Beef Hash w/ Shredded Cheese  牛肉哈希 芝士絲

“该项目得到圣地亚哥县健康与人类服务局·老齡与独立服务局的《老年美国人法案》基金的支持。”

菜单可能会改变

任何符合资格的人均不得因无法或无力捐赠而被拒绝用餐