



# Gary and Mary West Senior Wellness Center

## Breakfast Menu - MARCH 2020



表示膳食中钠含量高

Monday 3/2/2020	Tuesday 3/3/2020	Wednesday 3/4/2020	Thursday 3/5/2020	Friday 3/6/2020	Saturday 3/7/2020
Mexican Scrambled Eggs Tomatoes, Onions, Chilis  墨西哥炒雞蛋 西紅柿, 洋蔥, 辣椒	Ham & Cheese W.W. English Muffin  火腿和奶酪 W.W. 英式鬆餅	Turkey Sausage Links Whole Grain Pancakes  土鸡香腸鏈接 全穀物煎餅	Eggs w/ Cheese Grits  芝士蛋 沙粒	Hard Boiled Egg W.W. English Muffin  水煮蛋 W.W. 英式鬆餅	Biscuit & Sausage Gravy Hashbrowns  餅乾和香腸肉汁 土豆煎餅
Monday 3/9/2020	Tuesday 3/10/2020	Wednesday 3/11/2020	Thursday 3/12/2020	Friday 3/13/2020	Saturday 3/14/2020
Cottage Cheese Blueberry Muffin  乾酪 藍莓鬆餅	Breaded Chicken Patty Whole Grain Biscuit  麵包屑的雞肉餡餅 全麥餅乾	Beef Hash Eggs w/ Cheese  牛肉哈希 芝士蛋	Strawberry Yogurt Breakfast Pizza  草莓酸奶 早餐披薩	Eggs w/ Ham Whole Wheat Bread  火腿雞蛋 全麥麵包	Mexican Scrambled Eggs Tomatoes, Onions, Chilis  墨西哥炒雞蛋 西紅柿, 洋蔥, 辣椒
Monday 3/16/2020	Tuesday 3/17/2020	Wednesday 3/18/2020	Thursday 3/19/2020	Friday 3/20/2020	Saturday 3/21/2020
Cottage Cheese Mini Bagels  乾酪 迷你百吉餅	Oatmeal Peanut Butter  麥片 花生醬	Eggs w/ Cheese, Whole Wheat Bread  雞蛋配奶酪, 全麥麵包	Strawberry Yogurt Whole Grain Pancakes  草莓酸奶 全穀物煎餅	Spinach Mushroom- Egg Scramble  菠菜蘑菇 雞蛋爭奪	Beef Hash O'Brien Potatoes  牛肉哈希 奧布萊恩土豆
Monday 3/23/2020	Tuesday 3/24/2020	Wednesday 3/25/2020	Thursday 3/26/2020	Friday 3/27/2020	Saturday 3/28/2020
Breaded Chicken Patty Whole Grain Biscuit  麵包屑的雞肉餡餅 全麥餅乾	Eggs w/ Cheese Waffle Sticks  芝士蛋 華夫餅乾	Breakfast Taco Oatmeal  塔科早餐 麥片	Cottage Cheese W.W. French Toast  乾酪 W.W. 法式吐司	Breakfast Pizza Hard Boiled Egg  早餐披薩 水煮蛋	Eggs w/ Cheese, W.W. English Muffin  雞蛋配奶酪, W.W. 英式鬆餅
Monday 3/30/2020	Tuesday 3/31/2020				
Eggs w/ Cheese Multigrain Bread  芝士蛋 雜糧麵包	Peanut Butter Oatmeal  花生醬 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

早餐: 7:00 AM - 8:30 AM  
第一个午餐: 11:00 AM  
第二个午餐: 12:15 PM  
第三个午餐: 1:15 PM - 1:45 PM

#### 周六

早餐: 8:00 AM - 9:00 AM  
第一个午餐: 11:00 AM  
第二个午餐: 12:15 PM - 1:15 PM

#### 周日

第一个午餐: 11:00 AM  
第二个午餐: 12:15 PM - 1:15 PM