



Breakfast Menu January 2024

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.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Egg Pattv Turkev Sausage Pattv Sliced Cheddar Cheese Sweet Potato Chunks hole Wheat English Muff Fresh Orange Milk	2 Scrambled Eggs Black Beans Whole Wheat Bread Tropical Fruit Milk Margarine Jelly	3 Tofu Scramble O'Brien Potatoes WW English Muffin Fresh Pear Milk Margarine Jelly	4 Hard Boiled Eggs Sweet Potato Chunks Whole Grain Biscuit Applesauce Milk Margarine	5 Pinto Beans Shredded Cheese Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Banana Milk Taco Sauce	6 Turkev Sausage Patties O'Brien Potatoes Whole Grain Waffles Peaches Milk Svrup
8 Cheese Omelet Garlic Spinach Whole Wheat Bread Fresh Orange Milk Margarine Jelly	9 Turkev Sausage Patties Sweet Potato Wedges Whole Grain Pancakes Mixed Fruit Milk Margarine Svrup	10 Hard Boiled Eggs WW English Muffin Fresh Pear Tomato Juice Milk Margarine Jelly	11 Scrambled Eggs Fiesta Vegetable Blend Multi-Grain Bread Fresh Banana Milk Margarine Jelly	12 Black Beans Shredded Cheese O'Brien Potatoes Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	13 Turkev Ham Sliced Cheddar Cheese Sweet Potato Chunks WW English Muffin Fresh Orange Milk
15 Turkev Sausage Patties Sweet Potato Wedges WW English Muffin Tropical Fruit Milk Jelly	16 Pinto Beans Shredded Cheese Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits Milk Taco Sauce	17 Tofu Scramble Crispy Cubed Potatoes Raisin Bran Cereal Fresh Banana Milk	18 Scrambled Eggs O'Brien Potatoes Oatmeal Fresh Pear Milk	19 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Mixed Fruit Milk Jelly	20 Turkev Sausage Pattv Scrambled Eggs Faiita Vegetable Blend WW English Muffin Fresh Apple Milk Margarine
22 Scrambled Eggs Sweet Potato Chunks Raisin Bran Cereal Strawberry Applesauce Milk	23 Hard Boiled Eggs WW English Muffin Fresh Pear Tomato Juice Milk Margarine Jelly	24 Pinto Beans Shredded Cheese Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	25 Egg Pattv Sliced Turkev Ham Sweet Potato Wedges WW English Muffin Fresh Orange Milk Margarine	26 Cheese Omelet Stewed Tomatoes Whole Wheat Bread Fresh Banana Milk Margarine Jelly	27 Turkev Sausage Patties Crispy Cubed Potatoes Whole Grain Pancakes Pineapple Tidbits Milk Svrup
29 Pinto Beans Shredded Cheese Fiesta Vegetable Blend Whole Wheat Tortilla Mixed Fruit Milk Taco Sauce	30 Cheese Omelet Creamed Spinach Multi-Grain Bread Fresh Orange Milk Jelly	31 Scrambled Eggs Crispy Cubed Potatoes Raisin Bran Cereal Fresh Banana Milk	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. 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.		



Denotes Sodium ≥ 1000 mg