




SERVING SENIORS BREAKFAST MENU APRIL 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
1 Turkey Sausage Patties O'Brien Potatoes Whole Grain Waffles Mandarin Orange Syrup	2 Scrambled Eggs Black Beans Whole Wheat Bread Tropical Fruit Margarine Jelly	3 Hard Boiled Eggs WW English Muffin Pineapple Tidbits Tomato Juice Margarine Jelly	4 Cheese Omelet Spinach Whole Wheat Bread Applesauce Margarine Jelly	5 Pinto Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Banana Taco Sauce	6 Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Fresh Orange
8 Cheese Omelet Garlic Spinach Whole Wheat Bread Fresh Orange Margarine Jelly	9 Turkey Sausage Patties Sweet Potato Wedges Whole Grain Pancakes Mixed Fruit Margarine Syrup	10 Hard Boiled Eggs WW English Muffin Pears Tomato Juice Margarine Jelly	11 Scrambled Eggs Fiesta Vegetable Blend Multi-Grain Bread Fresh Banana Margarine Jelly	12 Black Beans O'Brien Potatoes Whole Wheat Tortilla Fresh Apple Taco Sauce	13 Turkey Ham Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Pineapple Tidbits
15 Turkey Sausage Patties Sweet Potato Wedges Whole Grain Biscuit Tropical Fruit Jelly	16 Pinto Beans Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits Taco Sauce	17 Tofu Scramble Crispy Cubed Potatoes Raisin Bran Cereal Fresh Banana	18 Scrambled Eggs O'Brien Potatoes Oatmeal Pears	19 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Mixed Fruit Jelly	20 Turkey Sausage Patty Scrambled Eggs Fajita Vegetable Blend WW English Muffin Fresh Apple Margarine Jelly
22 Scrambled Eggs Roasted Sweet Potatoes Raisin Bran Cereal Peaches	23 Hard Boiled Eggs WW English Muffin Pears Tomato Juice Margarine Jelly	24 Pinto Beans Crispy Cubed Potatoes Whole Wheat Tortilla Fresh Apple Taco Sauce	25 Egg Patty Sliced Turkey Ham Sweet Potato Wedges WW English Muffin Fresh Orange Margarine	26 Cheese Omelet Creamed Spinach Multi-Grain Bread Pears Jelly	27 Turkey Sausage Patties O'Brien Potatoes Whole Grain Pancakes Pineapple Tidbits Syrup
29 Pinto Beans Fiesta Vegetable Blend Whole Wheat Tortilla Mixed Fruit Taco Sauce	30 Hard Boiled Eggs WW English Muffin Pears Tomato Juice 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.