





# SERVING SENIORS BREAKFAST MENU MARCH 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 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Mixed Fruit	2 Turkey Sausage Patty Scrambled Eggs Fajita Vegetable Blend Whole Wheat English Muffin Fresh Apple
4 Scrambled Eggs Sweet Potato Chunks Raisin Bran Cereal Strawberry Applesauce	5 Hard Boiled Eggs Whole Wheat English Muffin Fresh Pear Tomato Juice	6 Pinto Beans Shredded Cheese Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	7 Egg Patty Sliced Turkey Ham Sweet Potato Wedges Whole Wheat English Muffin Fresh Orange	8 Cheese Omelet Stewed Tomatoes Whole Wheat Bread Fresh Banana Jelly	9 Turkey Sausage Patties Crispy Cubed Potatoes Whole Grain Pancakes Pineapple Tidbits Syrup
11 Pinto Beans Shredded Cheese Fiesta Vegetable Blend Whole Wheat Tortilla Mixed Fruit Taco Sauce	12 Cheese Omelet Creamed Spinach Multi-Grain Bread Fresh Orange	13 Scrambled Eggs Crispy Cubed Potatoes Raisin Bran Cereal Fresh Banana	14 Hard Boiled Eggs Whole Wheat English Muffin Fresh Pear Tomato Juice	15 Turkey Ham Sweet Potato Chunks Whole Grain Pancakes Applesauce Syrup	16 Scrambled Eggs Black Beans Whole Wheat Tortilla Tropical Fruit
18 Turkey Sausage Links  Whole Grain Pancakes Mixed Fruit Tomato Juice Syrup	19 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Fresh Orange	20 Turkey Sausage Patties Sweet Potato Chunks Whole Wheat English Muffin Tropical Fruit	21 Cheese Omelet Spinach Multi-Grain Bread Mixed Fruit	22 Hard Boiled Eggs Whole Wheat English Muffin Fresh Banana Tomato Juice	23 Pinto Beans Brown Rice Fiesta Vegetable Blend Peaches
25 Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Sweet Potato Chunks Whole Wheat English Muffin Fresh Orange	26 Scrambled Eggs Black Beans Whole Wheat Bread Tropical Fruit	27 Tofu Scramble O'Brien Potatoes Whole Wheat English Muffin Fresh Pear	28 Hard Boiled Eggs Whole Grain English Muffin Pineapple Tidbits Tomato Juice	29 Pinto Beans Shredded Cheese Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Banana Taco Sauce	30 Turkey Sausage Patties O'Brien Potatoes Whole Grain Waffles Peaches Syrup

## 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.