



Gary and Mary West Senior Wellness Center

Breakfast Menu - MAY 2020



表示膳食中钠含量高

 				Friday 5/1/2020	Saturday 5/2/2020
Bean & Cheese Burrito Hard Boiled Egg 豆和奶酪捲餅 水煮蛋				Egg Patty W.W. English Muffin 蛋餅 W.W. 英式鬆餅	Breakfast Pizza Hashbrowns 早餐披薩 土豆煎餅
Monday 5/4/2020	Tuesday 5/5/2020	Wednesday 5/6/2020	Thursday 5/7/2020	Friday 5/8/2020	Saturday 5/9/2020
Egg Patty Hashbrowns 蛋餅 土豆煎餅	Eggs w/ Cheese Hashbrowns 芝士蛋 土豆煎餅	String Cheese Oatmeal 芝士條 麥片	Beef Hash Crispy Cubed Potatoes 牛肉哈希 脆皮土豆	Hard Boiled Eggs Mini Bagels 白煮蛋 迷你百吉餅	Scrambled Eggs Black Beans 炒雞蛋 黑豆
Monday 5/11/2020	Tuesday 5/12/2020	Wednesday 5/13/2020	Thursday 5/14/2020	Friday 5/15/2020	Saturday 5/16/2020
Egg Patty Hashbrowns 蛋餅 土豆煎餅	Peanut Butter Oatmeal 花生醬 麥片	Bean & Cheese Burrito Hard Boiled Egg 豆和奶酪捲餅 水煮蛋	Hard Boiled Eggs Raisin Bran Cereal 水煮蛋 葡萄乾麩麥片	Cottage Cheese W.W. French Toast 乾酪 W.W. 法式吐司	Egg Patty Hashbrowns 蛋餅 土豆煎餅
Monday 5/18/2020	Tuesday 5/19/2020	Wednesday 5/20/2020	Thursday 5/21/2020	Friday 5/22/2020	Saturday 5/23/2020
Egg Patty, Swiss Cheese Turkey Sausage Links 土雞香腸鏈接	Peanut Butter Oatmeal 花生醬 花生醬	Egg Patty Mini Bagels 蛋餅 迷你百吉餅	Cottage Cheese Berry Muffin 乾酪 漿果鬆餅	Egg Patty Hashbrowns 蛋餅 土豆煎餅	Bean & Cheese Burrito Hard Boiled Egg 豆和奶酪捲餅 水煮蛋
Monday 5/25/2020	Tuesday 5/26/2020	Wednesday 5/27/2020	Thursday 5/28/2020	Friday 5/29/2020	Saturday 5/30/2020
Eggs w/ Cheese Hashbrowns 芝士蛋 土豆煎餅	Egg Patty Sauteed Pepper & Onion 蛋餅 炒辣椒和洋蔥	Beef Hash O'Brien Potatoes 牛肉哈希 奧布萊恩土豆	Egg Patty Hashbrowns 蛋餅 土豆煎餅	Hard Boiled Eggs Raisin Bran Cereal 水煮蛋 葡萄乾麩麥片	Egg Patty Cranberry Oatmeal 蛋餅 蔓越莓燕麥片



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