



SERVING SENIORS BREAKFAST MENU AUGUST 2024

SENIORS


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 Cheese Omelet Spinach Whole Wheat Bread Diced Peaches Margarine Jelly	2 Hard Boiled Eggs WG Blueberry Muffin Diced Pears Tomato Juice	3 Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mandarin Oranges
5 Turkey Sausage Patties Roasted Diced Potatoes Whole Grain Waffles Mandarin Oranges Syrup	6 Mexican Scrambled Eggs Black Beans Whole Wheat Bread Mixed Fruit Margarine Jelly	7 Hard Boiled Eggs WG English Muffin Pineapple Tidbits Tomato Juice Margarine Jelly	8 Scrambled Eggs Spinach WG Blueberry Muffin Fresh Orange Milk	9 WG Breakfast Burrito O'Brien Potatoes Diced Peaches Taco Sauce	10 Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Applesauce
12 Cheese Omelet Garlic Spinach Whole Wheat Bread Fresh Orange Margarine Jelly	13 Turkey Sausage Patties O'Brien Potatoes Whole Grain Waffles Fresh Apple Syrup	14 Hard Boiled Eggs WW English Muffin Diced Peaches Tomato Juice Margarine Jelly	15 Scrambled Eggs Fiesta Vegetable Blend Multi-Grain Bread Raisins Jelly	16 Egg White Frittata Oven Roasted Potatoes Whole Grain Biscuit Applesauce Jelly	17 Turkey Ham Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Pineapple Tidbits
19 Turkey Sausage Patties Sausage Gravy Roasted Sweet Potatoes Whole Grain Biscuit Mixed Fruit	20 Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Diced Peaches	21 Crustless Spinach Mushroom Quiche Potato Wedges Raisin Bran Cereal Fresh Orange Ketchup	22 Scrambled Eggs O'Brien Potatoes Oatmeal Diced Pears	23 Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Pineapple Tidbits	24 Turkey Sausage Patty Scrambled Eggs Fajita Vegetable Blend WW English Muffin Fresh Apple Margarine Jelly
26 Scrambled Eggs Roasted Sweet Potatoes Raisin Bran Cereal Diced Peaches	27 Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Diced Pears	28 Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mixed Fruit	29 Egg Patty Turkey Sausage Patty Roasted Diced Potatoes Whole Grain Biscuit Fresh Orange Jelly	30 Cheese Omelet Creamed Spinach Multi-Grain Bread Applesauce Jelly	31 Turkey Sausage Patties O'Brien Potatoes Whole Grain Pancakes Diced 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.