



# 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
			<b>1</b> Cheese Omelet Spinach Whole Wheat Bread Diced Peaches Margarine Jelly	<b>2</b> Hard Boiled Eggs WG Blueberry Muffin Diced Pears Tomato Juice	<b>3</b> Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mandarin Oranges
<b>5</b> Turkey Sausage Patties Roasted Diced Potatoes Whole Grain Waffles Mandarin Oranges Syrup	<b>6</b> Mexican Scrambled Eggs Black Beans Whole Wheat Bread Mixed Fruit Margarine Jelly	<b>7</b> Hard Boiled Eggs WG English Muffin Pineapple Tidbits Tomato Juice Margarine Jelly	<b>8</b> Scrambled Eggs Spinach WG Blueberry Muffin Fresh Orange Milk	<b>9</b> WG Breakfast Burrito O'Brien Potatoes Diced Peaches Taco Sauce	<b>10</b> Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Applesauce
<b>12</b> Cheese Omelet Garlic Spinach Whole Wheat Bread Fresh Orange Margarine Jelly	<b>13</b> Turkey Sausage Patties O'Brien Potatoes Whole Grain Waffles Fresh Apple Syrup	<b>14</b> Hard Boiled Eggs WW English Muffin Diced Peaches Tomato Juice Margarine Jelly	<b>15</b> Scrambled Eggs Fiesta Vegetable Blend Multi-Grain Bread Raisins Jelly	<b>16</b> Egg White Frittata Oven Roasted Potatoes Whole Grain Biscuit Applesauce Jelly	<b>17</b> Turkey Ham Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Pineapple Tidbits
<b>19</b> Turkey Sausage Patties Sausage Gravy Roasted Sweet Potatoes Whole Grain Biscuit Mixed Fruit	<b>20</b> Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Diced Peaches	<b>21</b> Crustless Spinach Mushroom Quiche Potato Wedges Raisin Bran Cereal Fresh Orange Ketchup	<b>22</b> Scrambled Eggs O'Brien Potatoes Oatmeal Diced Pears	<b>23</b> Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Pineapple Tidbits	<b>24</b> Turkey Sausage Patty Scrambled Eggs Fajita Vegetable Blend WW English Muffin Fresh Apple Margarine Jelly
<b>26</b> Scrambled Eggs Roasted Sweet Potatoes Raisin Bran Cereal Diced Peaches	<b>27</b> Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Diced Pears	<b>28</b> Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mixed Fruit	<b>29</b> Egg Patty Turkey Sausage Patty Roasted Diced Potatoes Whole Grain Biscuit Fresh Orange Jelly	<b>30</b> Cheese Omelet Creamed Spinach Multi-Grain Bread Applesauce Jelly	<b>31</b> 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.