



Gary and Mary West Senior Wellness Center

Breakfast Menu - **APRIL** 2020



Denotes Meal is High in Sodium

 		Wednesday 4/1/2020	Thursday 4/2/2020	Friday 4/3/2020	Saturday 4/4/2020
		Mexican Egg Scramble Whole Wheat Tortilla  墨西哥炒雞蛋 全麥玉米餅	Spinach Quiche Raisin Bran Cereal 菠菜湯 葡萄乾麩麥片	W.W. French Toast Diced Pineapple  W.W. 法式吐司 菠蘿粒	Eggs w/ Peppers W.W. English Muffin  雞蛋配胡椒 W.W. 英式鬆餅
Monday 4/6/2020	Tuesday 4/7/2020	Wednesday 4/8/2020	Thursday 4/9/2020	Friday 4/10/2020	Saturday 4/11/2020
Broccoli Egg Bake Biscuit & Gravy  西兰花鸡蛋烤 饼干和肉汁	Peanut Butter Oatmeal 花生醬 麦片	Eggs w/ Ham Mini Bagels  火腿鸡蛋 迷你百吉饼	Cottage Cheese Berry Muffin 乾酪 漿果松餅	Eggs w/ Peppers Whole Wheat Bread 雞蛋配胡椒 全麥麵包	Mexican Egg Scramble Whole Wheat Tortilla  墨西哥炒雞蛋 全麥玉米餅
Monday 4/13/2020	Tuesday 4/14/2020	Wednesday 4/15/2020	Thursday 4/16/2020	Friday 4/17/2020	Saturday 4/18/2020
Eggs w/ Cheese Hashbrowns  芝士蛋 土豆煎餅	Mexican Egg Scramble Whole Wheat Tortilla  墨西哥炒雞蛋 全麥玉米餅	Beef Hash O'Brien Potatoes  牛肉哈希 奧布萊恩土豆	Eggs w/ Cheese Whole Wheat Bread 芝士蛋 全麦面包	Eggs w/ Cheese Raisin Bran Cereal  芝士蛋 葡萄干麸麦片	Egg w/ Ham Cranberry Oatmeal 火腿鸡蛋 蔓越莓燕麦片
Monday 4/20/2020	Tuesday 4/21/2020	Wednesday 4/22/2020	Thursday 4/23/2020	Friday 4/24/2020	Saturday 4/25/2020
Scrambled Eggs Turkey Sausage 炒鸡蛋 土鸡香肠	Cottage Cheese Carrot Raisin Salad  干酪 胡萝卜葡萄干沙拉	Eggs w/ Cheese Grits  芝士蛋 沙粒	Eggs w/ Cheese Turkey Sausage 芝士蛋 土鸡香肠	Eggs w/ Cheese Whole Wheat Bread 芝士蛋 全麥麵包	Peanut Butter Oatmeal  花生醬 麥片
Monday 4/27/2020	Tuesday 4/28/2020	Wednesday 4/29/2020	Thursday 4/30/2020		
Cottage Cheese Berry Muffin  乾酪 漿果松餅	Hard Boiled Egg W.W. English Muffin 水煮蛋 W.W. 英式鬆餅	Eggs w/ Cheese Whole Wheat Bread 芝士蛋 全麥麵包	Eggs w/ Cheese Raisin Bran Cereal  芝士蛋 葡萄乾麩麥片		



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

