



SERVING SENIORS BREAKFAST MENU SEPTEMBER 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
30 Turkey Sausage Patties Sausage Gravy Roasted Sweet Potatoes Whole Grain Biscuit Mixed Fruit					
2 Labor Day Refried Beans  Shredded Cheese  Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Diced Peaches	3 Cheese Omelet Garlic Spinach Multi-Grain Bread Mixed Fruit Margarine Jelly	4 Scrambled Eggs with Onions & Peppers Roasted Diced Potatoes Oatmeal Pineapple Tidbits	5 Hard Boiled Eggs WW English Muffin Raisins Tomato Juice Jelly	6 Turkey Ham Roasted Sweet Potatoes Whole Grain Pancakes Diced Pears Syrup	7 Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Applesauce
9 Turkey Sausage Links Hash Brown Patty Whole Grain Pancakes Mixed Fruit Syrup	10 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Pineapple Tidbits Jelly	11 Turkey Sausage Patties Roasted Sweet Potatoes WW English Muffin Mixed Fruit Jelly	12 Cheese Omelet Spinach Whole Wheat Bread Diced Peaches Margarine Jelly	13 Hard Boiled Eggs WG Blueberry Muffin Diced Pears Tomato Juice	14 Refried Beans Shredded Cheese Scrambled Eggs Fiesta Vegetable Blend Whole Wheat Tortilla Mandarin Oranges
16 Turkey Sausage Patties Roasted Diced Potatoes Whole Grain Waffles Mandarin Oranges Syrup	17 Mexican Scrambled Eggs Black Beans Whole Wheat Bread Mixed Fruit Margarine Jelly	18 Hard Boiled Eggs WG English Muffin Pineapple Tidbits Tomato Juice Margarine Jelly	19 Scrambled Eggs Spinach WG Blueberry Muffin Fresh Orange	20 WG Breakfast Burrito O'Brien Potatoes Diced Peaches Taco Sauce	21 Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Applesauce
23 Cheese Omelet Garlic Spinach Whole Wheat Bread Fresh Orange Margarine Jelly	24 Turkey Sausage Patties O'Brien Potatoes Whole Grain Waffles Fresh Apple Syrup	25 Hard Boiled Eggs WW English Muffin Diced Peaches Tomato Juice Margarine Jelly	26 Scrambled Eggs Fiesta Vegetable Blend Multi-Grain Bread Raisins Jelly	27 Egg White Frittata Oven Roasted Potatoes Whole Grain Biscuit Applesauce Jelly	28 Turkey Ham Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Pineapple Tidbits

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.