

SERVING SENIORS

November Breakfast Menu 2026

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
2 Spinach Mushroom Scramble Oven Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches	**3** Black Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	**4** Country Sausage Gravy Whole Grain Biscuit O'Brien Potatoes Tropical Fruit	**5** Hard Boiled Eggs Kidney Bean Salad Whole Grain Blueberry Muffin Fresh Orange	**6** Omelet O'Brien Potatoes Creamed Spinach Whole Wheat Bread Pineapple Tidbits	**7** Turkey Sausage Patties Tater Tots Whole Wheat English Muffin Diced Peaches
9 Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Mandarin Oranges	**10** Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Wheat English Muffin Applesauce	**11** Omelet Creamed Spinach Whole Wheat Bread Tropical Fruit	**12** Pinto Beans Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Mixed Fruit	**13** Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Blueberry Muffin Pineapple Tidbits	**14** Hard Boiled Eggs Whole Grain Banana Muffin Diced Peaches Tomato Juice
16 *New!* Egg Bites Cauliflower *New!* Whole Grain French Toast Sticks Mandarin Oranges	**17** Omelet Collard Greens Whole Wheat English Muffin Tropical Fruit	**18** Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Grain Mini Waffles Pineapple Tidbits	**19** Whole Grain Breakfast Burrito Brown Spanish Rice Fiesta Vegetable Blend Raisins	**20** Black Beans Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches	**21** Turkey Ham Roasted Sweet Potatoes Whole Wheat English Muffin Tropical Fruit
23 Egg Patties Fajita Vegetable Blend Whole Grain Mini Waffles Raisins	**24** Scrambled Eggs with Onions and Peppers Black Beans Whole Grain Corn Muffin Fresh Orange	**25** Turkey Sausage Patties [$] Roasted Sweet Potatoes Whole Wheat Bread Tropical Fruit	**26** **No Breakfast**	**27** Hard Boiled Eggs Tomato Juice Whole Wheat English Muffin Raisins	**28** Omelet Seasoned Spinach Whole Grain Banana Muffin Mixed Fruit
30 Mexican Scrambled Eggs Pinto Beans Whole Wheat English Muffin Tropical Fruit					

MENU NOTES

All meals include 8oz of milk

[$] Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, wheat.

Menu Subject to Change

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 $3.00 per meal.
No eligible person shall be denied a meal because of failure or inability to contribute.