

JANUARY



SERVING
SENIORS

BREAKFAST MENU JANUARY 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
		Holiday Schedule <u>New Years Day, Thur, Jan 1</u> Open: 8:00am - 2:00pm Two Lunches: 11:00am, 12:15pm Breakfast: 8:00am -9:00am	1 Whole Grain Breakfast Burrito Brown Spanish Rice Fiesta Vegetable Blend Applesauce	2 Black Beans Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches	3 Turkey Ham Roasted Sweet Potatoes Whole Wheat English Muffin Tropical Fruit Margarine
5 Turkey Sausage Patties Roasted Sweet Potatoes Oatmeal Mixed Fruit Margarine	6 Scrambled Eggs with Onions & Peppers Charro Beans Whole Grain Corn Muffin Fresh Orange	7 Egg Patties Fajita Vegetable Blend Whole Grain Mini Waffles Tropical Fruit Syrup	8 Spinach Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Applesauce Margarine & Jelly	9 Hard Boiled Eggs Tomato Juice Whole Wheat English Muffin Raisins Margarine & Jelly	10 Three Cheese Egg Bites Seasoned Spinach Whole Grain Banana Muffin Mixed Fruit
12 Mexican Scrambled Eggs Charro Beans Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	13 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Diced Pears Syrup	14 Hard Boiled Eggs Whole Wheat English Muffin Raisins Tomato Juice Margarine & Jelly	15 Omelet Creamed Spinach Whole Grain Blueberry Muffin Tropical Fruit	16 Whole Grain Breakfast Burrito O'Brien Potatoes Fresh Orange	17 Egg Patty Turkey Sausage Patty Fajita Vegetable Blend Whole Wheat English Muffin Raisins Margarine & Jelly
19 ~ Martin Luther King, Jr. Day ~ Egg Patty Turkey Sausage Patty Oven Roasted Diced Potatoes Whole Wheat English Muffin Tropical Fruit Jelly	20 Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Fresh Orange	21 Spinach Mushroom Scramble Tater Tots  Multi-Grain Bread Diced Pears Ketchup Margarine & Jelly	22 Country Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Pineapple Tidbits	23 Omelet Creamed Spinach Whole Wheat Bread Tropical Fruit Margarine & Jelly	24 Turkey Sausage Links Egg Patty Fajita Vegetable Blend Whole Wheat English Muffin Mixed Fruit Jelly
26 Spinach Mushroom Scramble Oven Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches Jelly	27 Charro Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	28 Country Sausage Gravy Whole Grain Biscuit O'Brien Potatoes Tropical Fruit	29 Hard Boiled Eggs Kidney Bean Salad Whole Grain Blueberry Muffin Fresh Orange	30 Three Cheese Egg Bites O'Brien Potatoes Seasoned Spinach Whole Wheat Bread Raisins Jelly	31 Turkey Sausage Patties Tater Tots Whole Wheat English Muffin Pineapple Tidbits Ketchup & Jelly

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, milk, 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 \$2.50 per meal.

No eligible person shall be denied a meal because of failure or inability to

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