



BREAKFAST Menu October 2025


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
		1 Hard Boiled Eggs Whole Wheat English Muffin Raisins Tomato Juice Margarine & Jelly	2 Egg White Frittata Creamed Spinach Whole Grain Blueberry Muffin Mixed Fruit	3 Whole Grain Breakfast Burrito O'Brien Potatoes Raisins Taco Sauce	4 Egg Patty Turkey Sausage Patty Fiesta Vegetable Blend Whole Wheat English Muffin Diced Pears Peanut Butter
6 Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Mandarin Oranges	7 Omelet Garlic Spinach Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	8 Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Grain Mini Waffles Pineapple Tidbits Margarine & Syrup	9 Whole Grain Breakfast Burrito Brown Spanish Rice Fiesta Vegetable Blend Applesauce	10 Black Beans Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches	11 Turkey Ham Roasted Sweet Potatoes Whole Wheat English Muffin Tropical Fruit Margarine
13 Egg Patties Fajita Vegetable Blend Whole Grain Mini Waffles Raisins Syrup	14 Scrambled Eggs with Onions & Peppers Black Beans Whole Grain Corn Muffin Fresh Orange	15 Turkey Sausage Patties Roasted Sweet Potatoes Whole Wheat Bread Tropical Fruit Margarine & Jelly	16 Spinach Mushroom Scramble O'Brien Potatoes Whole Wheat English Muffin Applesauce Margarine & Jelly	17 Hard Boiled Eggs Tomato Juice Whole Wheat English Muffin Raisins Margarine & Jelly	18 Omelet Seasoned Spinach Whole Grain Banana Muffin Mixed Fruit
20 Mexican Scrambled Eggs Pinto Beans Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	21 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Syrup	22 Hard Boiled Eggs Whole Wheat English Muffin Raisins Tomato Juice Margarine & Jelly	23 Omelet Creamed Spinach Whole Grain Blueberry Muffin Mixed Fruit	24 Whole Grain Breakfast Burrito O'Brien Potatoes Tropical Fruit Taco Sauce	25 Egg Patty Turkey Sausage Patty Fajita Vegetable Blend Whole Wheat English Muffin Raisins Margarine & Jelly
27 Egg Patty Turkey Sausage Patty Oven Roasted Diced Potatoes Whole Wheat English Muffin Tropical Fruit	28 Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Fresh Orange	29 Spinach Mushroom Scramble Potato Wedges Multi-Grain Bread Diced Pears Ketchup & Jelly	30 Country Sausage Gravy  Whole Grain Biscuit Roasted Sweet Potatoes Pineapple Tidbits	31 Omelet Creamed Spinach Whole Wheat Bread Fresh Orange Margarine & Jelly	

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium $\geq 1000\text{mg}$

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.