



Gary and Mary West Senior Wellness Center

Lunch: Mon-Fri, 11 a.m., 12:15 p.m., 1:15 p.m./ Sat, 11 a.m., 12:15 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
			Scrambled Eggs Creamed Spinach Whole Grain Blueberry Muffin Mixed Fruit	Whole Grain Breakfast Burrito O'Brien Potatoes Raisins Taco Sauce	Egg Patty Turkey Sausage Patty Fiesta Vegetable Blend Whole Wheat English Muffin Diced Pears Peanut Butter
5	6	7	8	9	10
<i>New!</i> Egg Bites Cauliflower <i>New!</i> Whole Grain French Toast Sticks Mandarin Oranges Syrup	Omelet Collard Greens Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Grain Mini Waffles Pineapple Tidbits Margarine & Syrup	Whole Grain Breakfast Burrito Brown Spanish Rice Fiesta Vegetable Blend Raisins	Black Beans Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches	Turkey Ham Roasted Sweet Potatoes Whole Wheat English Muffin Tropical Fruit Margarine
12	13	14	15	16	17
Egg Patties Fajita Vegetable Blend Whole Grain Mini Waffles Raisins Syrup	Scrambled Eggs with Onions & Peppers Black Beans Whole Grain Corn Muffin Fresh Orange	Turkey Sausage Patties Roasted Sweet Potatoes Whole Wheat Bread Tropical Fruit Margarine & Jelly	Spinach Mushroom Scramble O'Brien Potatoes Whole Wheat English Muffin Applesauce Margarine & Jelly	Hard Boiled Eggs Tomato Juice Whole Wheat English Muffin Raisins Margarine & Jelly	Omelet Seasoned Spinach Whole Grain Banana Muffin Mixed Fruit
19	20	21	22	23	24
Mexican Scrambled Eggs Pinto Beans Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Syrup	Egg Patties Whole Wheat English Muffin Raisins Tomato Juice Margarine & Jelly	Omelet Broccoli w/Cheese Whole Grain Blueberry Muffin Mixed Fruit	Whole Grain Breakfast Burrito Sweet Potato Wedges Tropical Fruit Taco Sauce	Egg Patty Turkey Sausage Patty Fajita Vegetable Blend Whole Wheat English Muffin Raisins Margarine & Jelly
26	27	28	29	30	31
Egg Patty Turkey Sausage Patty Oven Roasted Diced Potatoes Whole Wheat English Muffin Tropical Fruit Jelly	Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Fresh Orange	Spinach Mushroom Scramble Potato Wedges  Multi-Grain Bread Diced Pears Ketchup & Jelly	Country Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Pineapple Tidbits	Omelet Creamed Spinach Whole Wheat Bread Fresh Orange Margarine & Jelly	Turkey Sausage Links Egg Patty Fajita Vegetable Blend Whole Wheat English Muffin Tropical Fruit Margarine

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 \$2.50 per meal.
No eligible person shall be denied a meal because of failure or inability to contribute.