



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	2	3	4	5
	Black Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits Milk	Scrambled Eggs Sweet Potato Wedges Whole Wheat Bread Mixed Fruit Milk	Egg Patty Turkey Ham Whole Wheat English Muffin O'Brien Potatoes Tropical Fruit Milk	Omelet Creamed Spinach Whole Wheat Bread Applesauce Milk	Turkey Sausage Patties Hash Brown Patty Whole Wheat English Muffin Diced Peaches Milk
7	8	9	10	11	12
Turkey Ham Roasted Sweet Potatoes Whole Grain Blueberry Muffin Pineapple Tidbits Milk	Egg Patty Turkey Sausage Links O'Brien Potatoes Cheerios Raisins Milk	Hard Boiled Eggs Whole Grain Banana Muffin Tropical Fruit Tomato Juice Milk	Pinto Beans Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Mandarin Oranges Milk	Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Fresh Orange Milk	Omelet Creamed Spinach Multi-Grain Bread Diced Peaches Milk
14	15	16	17	18	19
Hard Boiled Eggs Black Bean Salad Whole Grain Banana Muffin Fresh Orange Milk	Omelet Garlic Spinach Whole Wheat English Muffin Diced Pears Milk	Turkey Sausage Links Roasted Diced Potatoes Whole Grain Waffles Pineapple Tidbits Milk	Whole Grain Breakfast Burrito Sweet Potato Wedges Applesauce Milk	Black Beans Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches Milk	Turkey Ham Sliced Swiss Cheese Roasted Sweet Potatoes Whole Grain Biscuit Tropical Fruit Milk
21	22	23	24	25	26
Egg Patties Fajita Vegetable Blend Whole Grain Waffles Raisins Milk	Chile Relleno Breakfast Casserole Pinto Beans Broccoli Florets Whole Grain Corn Muffin Mandarin Oranges Milk	Turkey Sausage Patties Roasted Sweet Potatoes Whole Wheat English Muffin Diced Pears Milk	Spinach & Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Tropical Fruit Milk	Hard Boiled Eggs Whole Grain Blueberry Muffin Raisins Tomato Juice Milk	Turkey Sausage Links Roasted Diced Potatoes Whole Grain Pancakes Pineapple Tidbits Milk
28	29	30			
Mexican Scrambled Eggs Black Beans Whole Wheat English Muffin Fresh Orange Milk	Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Milk	Hard Boiled Eggs Whole Wheat English Muffin Raisins Tomato Juice Milk			

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.