

JULY 2023

**MENU IS SUBJECT TO CHANGE
WITHOUT NOTICE AT ANYTIME
DUE TO UNFORESEEN
CIRCUMSTANCES.**

BREAKFAST MENU



HUALAPAI SENIOR SERVICES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Independence Day Holiday	4 Independence Day Holiday	5 Scrambled eggs, Steak, H.M biscuit & watermelon	6 Oatmeal, low sodium spam slice & grapes	7 Fried egg, cheese slice, Eng muffin, hash brown patty & banana	8
9	10 French toast. Sausage patty & fresh nectarine	11 Boiled egg, cream of wheat, wheat toast & assorted yogurt	12 Pancakes, scrambled eggs, bacon slice & fresh raspberries	13 Boiled egg, sausage patty, wheat toast & fresh plum	14 Steel cut oatmeal w/dried cranberries, ham slice & cherries	15
16	17 Breakfast burrito H.M tortilla & fresh apricot	18 Cold cereal Raisin bran, L.S spam slice & cantaloupe	19 Boiled egg Biscuit w/country gravy, ham slice & fresh cherries	20 (Chicken n waffle) waffle, breaded chkn blueberries	21 Fried egg, steak, homemade tortilla & fresh strawberries	22
23	24 Hashbrown casserole wheat toast & Fresh pear	25 Cream of wheat, fried egg, sausage links & grapefruit	26 Egg casserole English muffin & fresh kiwi	27 Cream of wheat spam, fresh orange	28 French toast sausage patty, fried egg & honeydew slice	29
30	31 Oatmeal, hash brown patty, wheat toast & diced pears					

**1% Milk,
Juice, Coffee
& water
available.**

Breakfast burrito-
scrambled eggs,
sausage bits &
diced potatoes.

**h.b- hashbrown
h.m-
homemade
L.S-low sodium**

**Hashbrown
casserole-
hashbrowns,
bacon & ham
bits.**

Egg casserole-
scrambled eggs,
diced ham, red &
green peppers,
onion & cheese

**ANY
QUESTIONS
CALL (928)
769-2375**