

MENU



resourcecenterSM

September 14 – September 18

BREAKFAST

(Served Monday-Thursday ONLY - 9:00 A.M. – 11:00 A.M.)

☺ MONDAY

Egg & Bacon Biscuit (470cal) (Eggs, Croissant, Sausage) **w/ Hash browns** (120cal)

- Oatmeal Berry Cereal (113cal) & Yogurt (113cal)
- Banana (220cal)
- Apple Juice (140cal) & Milk (220cal)

☺ TUESDAY

Pig in a Blanket (3) (190cal) & **Scrambled Eggs**

- Oatmeal Berry Cereal (113cal) & Yogurt (113cal)
- Diced Potatoes (100cal) (Potatoes, Oil, Salt, Garlic, Rosemary)
- Apple (44cal) & Cottage Cheese (90cal)
- Pomegranate Juice (160cal) & Milk (220cal)

☺ WEDNESDAY

Pancakes (3) (200cal) & **Scrambled Eggs**

- Oatmeal Berry Cereal (113cal) & Yogurt (113cal)
- Bacon (80cal)
- Fresh Cantaloupe (50cal) & Yogurt (80cal)
- Grape Juice (190cal) & Milk (220cal)

☺ THURSDAY

Egg & Turkey Sausage Burrito (143cal) **w/ Hash browns** (120cal)

- Oatmeal Berry Cereal (113cal) & Yogurt (113cal)
- Orange (12cal)
- Apple Juice (140cal) & Milk (220cal)

LUNCH

(Served Monday-Thursday ONLY – 11:00 A.M. – 1:00 P.M.)

☺ MONDAY

Grilled Cheese Sandwich (400cal) (Sliced Bread, White Cheddar Cheese, Cheddar Cheese) **w/ Tomato Soup** (280cal)

- Sautéed Carrots (80cal) (Butter, Carrots, Salt, Pepper)
- Green Salad w/ Apples & Cranberries (258cal) (Spring Mix, Apples, Cranberries, Goat Cheese, Oil, Apple Cider Vinegar, Honey, Mustard, Salt, Pepper)
- Coleslaw (160cal) (Green Cabbage, Purple Cabbage, Shredded Carrots, Coleslaw Dressing)
- Banana (110cal)
- Apple Juice (140cal) & Milk (220cal)

☺ TUESDAY

Salisbury Steak (200cal) **w/ Gravy** (50cal)

- Mashed Potatoes (190cal)
- Vegetable Blend (30cal) (Cauliflower, Broccoli, Carrots)
- Tossed Green Salad (10cal) (Spring Mix, Sunflower Seeds, Bacon, Red Onion, Cucumber, Dijon Mustard, Honey, Apple Cider Vinegar, Salt, Pepper, Oil)
- Vegetable Pasta Salad (363cal) (Rotini Pasta, Bell Peppers, Tomatoes, Green Onion, Olives, Parmesan Cheese, Parsley, Salt, Pepper, Oregano, Oil)
- Apple (44cal) & Cottage Cheese (90cal)
- Pomegranate Juice (160cal) & Milk (220cal)

☺ WEDNESDAY

Breaded Ranch Chicken (254cal) (Butter, Crushed Cornflakes, Parmesan Cheese, Ranch Dressing Mix, Chicken Breast)

- Long Grain & Wild Rice (190cal)
- Sautéed Broccoli (92cal) (Butter, Salt, Pepper, Garlic Powder, Onion Powder)
- Arugula Salad (257cal) (Arugula, Cherry Tomatoes, Oil, Rice, Vinegar, Salt, Pepper, Parmesan Cheese, Avocado)
- 3-Bean Salad (100cal) (Green Beans, Wax Beans, Red Kidney Beans, Onion, Bell Pepper, Oil, Sugar, Vinegar, Turmeric)
- Fresh Cantaloupe (50cal) & Yogurt (80cal)
- Grape Juice (190cal) & Milk (220cal)

☺ THURSDAY

Bacon Cheeseburger (472cal) (Bacon, Hamburger Buns, Beef Patties, Lettuce, Tomatoes, Onion, Mayo Mustard, Cheddar Cheese)

- Sweet Potato Fries (140cal)
- Sautéed Cauliflower (25cal) (Butter, Cauliflower, Italian Seasoning, Salt, Pepper)
- House Salad (155cal) (Romaine, Cucumber, Cherry Tomatoes, Shallots, Avocado, Oil, Lemon Juice, Salt, Pepper)
- Carrot Raisin Salad (160cal) (Carrots, Pineapple, Mayo, Raisins,
- Orange (45cal)
- Apple Juice (140cal) & Milk (220cal)

One Complimentary Meal for all Ryan White Clients Per Day - \$5⁰⁰ for Guests