



**April 19 – April 23**

**BREAKFAST** (Monday-Thursday; 9:00 A.M. – 11:00 A.M.)

**MONDAY**

**Total Daily Calorie Count: 1245**

- Scrambled Eggs (420kcal)**
- Pork Sausage (250kcal)
- Biscuit w/ County Gravy (305kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

**TUESDAY**

**Total Daily Calorie Count: 1050**

- Breakfast Pizza (210kcal)**
- Scrambled Eggs (420kcal)
- Tator Tots (150kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

**WEDNESDAY**

**Total Daily Calorie Count: 1057**

- Pork Chorizo & Egg (367kcal)**
- Refried Beans (140kcal)
- Flour Tortillas (280kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

**THURSDAY**

**Total Daily Calorie Count: 1051**

- Scrambled Eggs (420kcal) & Ham (70kcal)**
- Hashbrown (120kcal)
- Toast (171kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

**LUNCH** (Monday-Thursday; 11:00 A.M. – 1:00 P.M.)

**MONDAY**

**Total Daily Calorie Count: 1028**

- Sloppy Joes (227kcal)**
- Chips (260kcal)
- Capri Vegetable Blend (132kcal) (Green Beans, Carrots, Zucchini, Squash)
- House Salad (314kcal) (Romaine, Cherry Tomatoes, Cucumber, Croutons, Cheddar Cheese, Balsamic Vinaigrette)
- Orange (45kcal)
- Water (0kcal)

**TUESDAY**

**Total Daily Calorie Count: 1066**

- Tilapia w/ Corn Salsa (354kcal)** (Tilapia, Oil, Salt, Pepper, Black Beans, Corn, Italian Dressing)
- Savory Couscous (309kcal) (Butter, Onion, Garlic, Couscous, Chicken Broth, Parsley, Salt, Pepper)
- Sauteed Green Beans (178kcal) (Oil, Green Beans, Onion Salt, Garlic Salt, Garlic Powder, Pepper)
- Tossed Green Salad (225kcal) (Spring Mix, Sunflower Seeds, Bacon, Red Onion, Cucumber, Ranch Dressing)
- Water (0kcal)

**WEDNESDAY**

**Total Daily Calorie Count: 1041**

- Salisbury Steak w/ Brown Gravy (500kcal)**
- Mashed Potatoes (100kcal) (Potatoes, Water, Sour Cream, Salt, Pepper)
- Sauteed Carrots (143kcal) (Butter, Salt, Pepper, Garlic Powder, Onion Powder)
- Arugula Salad (128kcal) (Arugula, Cherry Tomatoes, Parmesan Cheese, Catalina Dressing, Avocado)
- Rotini Pasta Salad (170kcal) (Tri-color Rotini, Carrots, Green Peppers, Olives, Celery, Parmesan Cheese, Italian Dressing)
- Water (0kcal)

**THURSDAY**

**Total Daily Calorie Count: 1030**

- Boneless Buffalo Wings (510kcal)**
- French Fries (130kcal)
- Vegetable Blend (147Kcal) (Broccoli, Cauliflower, Carrots)
- Chopped Salad (111kcal) (Italian Dressing, Romaine, Cucumber, Cherry Tomatoes, Olives, Parmesan Cheese)
- Apple (52kcal) & Yogurt (80kcal)
- Water (0kcal)

**One Complimentary Meal for all Ryan White Clients Per Day - \$5<sup>00</sup> for Guests**  
-All menu items are subject to change-