

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

☺ MONDAY

Total Daily Calorie Count: 1131

Egg Muffins (370kcal) *Stuffing, Eggs, Bacon, Cheddar Cheese, Monterey Jack Cheese*

- Toast (171kcal)
- Sausage Links (260kcal)
- Fruit Cup (60kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

☺ TUESDAY

Total Daily Calorie Count: 1052

Blueberry French Toast Bake (350kcal) *Bread, Blueberries, Syrup, Eggs, Milk, Lemon Zest, Cream Cheese, Sugar, Lemon Juice, Butter, Flour, Oats, Brown Sugar, White Sugar, Cinnamon*

- Hashbrown (120kcal)
- Chicken Sausage (80kcal)
- Apple (52kcal) & Peanut Butter (180kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

☺ WEDNESDAY

Total Daily Calorie Count: 1158

Breakfast Quesadilla (438kcal) *Flour Tortilla, Eggs, Salt, Pepper, Cheddar Cheese, Mozzarella Cheese, Breakfast Sausage*

- Hashbrown (120kcal)
- Fruit Cup (60kcal)
- Yogurt (80kcal) & Granola (190kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

☺ THURSDAY

Total Daily Calorie Count: 1008

Croissant Bread Pudding (458kcal) *Croissant, Milk, Eggs, Sugar, Vanilla Extract, Almond Extract, Salt, Berries, Powdered Sugar*

- Pork Bacon (160kcal)
- Hashbrown (120kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

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

☺ MONDAY

Total Daily Calorie Count: 1117

Texas Hash (330kcal) *Ground Beef, Diced Tomatoes, Onion, Green Bell Pepper, Water, Rice*

- Cornbread (210kcal)
- Sauteed Green Beans (178kcal) *(Oil, Green Beans, Onion Salt, Garlic Salt, Garlic Powder, Pepper)*
- Caesar Salad (289kcal) *(Romaine, Croutons, Parmesan Cheese, Caesar Dressing)*
- Banana (110kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

☺ TUESDAY

Total Daily Calorie Count: 1028

Roasted Chicken Breast (270kcal) *Chicken Breast, Oil, Salt, Black Pepper, Garlic Powder, Parsley*

- Mash Potatoes (190cal)
- Sauteed Broccoli (112cal) *(Butter, Salt, Pepper, Garlic Powder, Onion Powder)*
- House Salad (314cal) *(Romaine, Cherry Tomatoes, Cucumber, Croutons, Cheddar Cheese, Balsamic Vinaigrette)*
- Apple (52cal) & Cottage Cheese (90kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

☺ WEDNESDAY

Total Daily Calorie Count: 1031

Summer Chili (380kcal) *Ground Turkey, Onion, Carrots, Green Bell Pepper, Garlic, Tomatoes, Kidney Beans, Water, Chili Powder, Oregano, Yellow Squash*

- Butter Rolls (219cal)
- Vegetable Blend (147kcal) *(Broccoli, Cauliflower, Carrots)*
- Tossed Green Salad (225kcal) *(Spring Mix, Sunflower Seeds, Bacon, Red Onion, Cucumber, Ranch Dressing)*
- Fruit (60cal)
- Unsweetened Tea (0kcal) & Water (0kcal)

☺ THURSDAY

Total Daily Calorie Count: 1125

Chicken Fajitas (334kcal) *Chicken, Green Bell Pepper, Red Bell Pepper, Onion, Fajita Seasoning, Flour Tortilla, Sour Cream, Guacamole*

- Spanish Rice (150kcal) *(Rice, Oil, Tomato Sauce, Salt, Garlic Powder, Cumin, Pepper, Chicken Broth)*
- Sauteed Cauliflower (144kcal) *(Butter, Cauliflower, Italian Seasoning, Salt, Pepper)*
- Chopped Salad (111kcal) *(Italian Dressing, Romaine, Cucumber, Cherry Tomatoes, Parmesan Cheese)*
- Carrot Raisin Salad (194kcal) *(Yogurt, Mayo, Salt, Nutmeg, Apple Cider Vinegar, Honey, Shredded Carrots, Canned Pineapple, Apple, Raisins, Shredded Coconut)*
- Orange (62Kcal) & Vanilla Pudding (130kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

One Complimentary Meal for all Ryan White Clients Per Day - \$5⁰⁰ for Guests - All menu items are subject to change