

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

☺ MONDAY

Total Daily Calorie Count: 1060

Scrambled Eggs (210kcal) w/ Chicken Sausage (80kcal)

- Cinnamon Rolls (500kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

☺ TUESDAY

Total Daily Calorie Count: 1030

Breakfast Quesadilla (250kcal) (Scrambled Eggs, Bacon, Monterey Jack Cheese, Salt, Pepper, Picante Sauce, Sour Cream)

- Hashbrown (120kcal)
- Avocado Toast (190kcal)
- Banana (110kcal) & Applesauce (50kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

☺ WEDNESDAY

Total Daily Calorie Count: 1994

Herb Roasted Turkey Breast (288kcal) w/ Turkey Gravy (15kcal) (Thanksgiving Lunch Served All Day)

- Mashed Potatoes (190kcal)
- Buttered Rolls (130kcal)
- Cornbread Dressing (410kcal)
- Green bean Casserole (231kcal)
- Fall Salad (227kcal) (Maple Syrup, Apple Cider Vinegar, Dijon Mustard, Olive Oil, Sal, pepper, Spring Mix, Mandarin oranges, Dried Cranberries, Feta Cheese, Red Onion, Almonds)
- Sweet Potato Salad (453kcal) (Sweet Potato, Red Onion, Oil, Salt, Pepper, Cranberries, Feta, Parsley, Apple Cider Vinegar, Dijon Mustard, Honey, Cumin, Paprika)
- Fresh Fruit (50kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

☺ THURSDAY

CLOSED – HAPPY THANKSGIVING!

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

☺ MONDAY

Total Daily Calorie Count: 1294

Lemon Dill Salmon (313kcal) (Salmon, Salt, Pepper, Mayo, Dill Weed, Sugar, Lemon Juice)

- White Rice (160kcal)
- Roasted Broccoli (112kcal) (Broccoli, Lemon Juice, Garlic Powder, Parsley, Salt, Pepper)
- Arugula Salad (257kcal) (Arugula, Cherry Tomatoes, Parmesan Cheese, Catalina Dressing)
- Chicken Salad (250kcal) (Chicken, Mayo, Salt, Pepper, Onion, Celery, Mustard)
- Apple (52kcal) & Yogurt (150kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

☺ TUESDAY

Total Daily Calorie Count: 1344

Buffalo Chicken Tenders (183kcal)

- Onion Rings (380kcal)
- Capri Vegetable Blend (132kcal) (Green Beans, Carrots, Zucchini, Squash)
- Tossed Green Salad (269kcal) (Romaine, Sunflower Seeds, Bacon, Cucumber, Balsamic Vinaigrette)
- Potato Salad (220kcal) (Potatoes, Mayo, Boiled Egg, Pickled Relish, Celery, Mustard, Onion, Green Onion, Salt, Pepper, Onion Powder)
- Banana (110kcal) & Applesauce (50kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

☺ WEDNESDAY

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- Sweet Potato Salad (453kcal) (Sweet Potato, Red Onion, Oil, Salt, Pepper, Cranberries, Feta, Parsley, Apple Cider Vinegar, Dijon Mustard, Honey, Cumin, Paprika)
- Fresh Fruit (50kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

☺ THURSDAY

CLOSED (Happy Thanksgiving)

**-One Complimentary Breakfast & Lunch for all Ryan White Clients Per Day –
- \$5⁰⁰ for Guests - All menu items are subject to change**