



January 17 – January 21

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

MONDAY

Closed- Martin Luther King Jr. Day

Total Daily Calorie Count:

Total Daily Calorie Count: 1071

TUESDAY

Chicken Fried Steak w/Cream Gravy (361 kcal)

- Scrambled Eggs (210 kcal)
- Hash Browns (120 kcal)
- Banana (110 kcal)
- Orange Juice (140 kcal) & 2% Milk (130 kcal)

Total Daily Calorie Count: 1200

WEDNESDAY

Scrambled Eggs (210 kcal)

- Pork Sausage (304 kcal)
- Bagel w/Cream Cheese (315 kcal)
- Apple (52 kcal)
- Orange Juice (140 kcal) & 2% Milk (130 kcal)

Total Daily Calorie Count: 1120

THURSDAY

Cinnamon French Toast w/Maple Syrup (480 kcal)

- Scrambled Eggs (210kcal)
- Pork Bacon (160kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

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

MONDAY

Closed- Martin Luther King Jr. Day

Total Daily Calorie Count:

TUESDAY

Ground Beef Chili (334 kcal) (Ground Beef, Oil, Onion, Chili Powder, Cumin, Sugar, Tomato Paste, Garlic Powder, Salt, Pepper, Cayenne Pepper, Beef Broth, Diced Tomatoes, Red Kidney Beans, Tomato Sauce)

- Hawaiian Rolls (231 kcal)
- Sautéed Green Beans (178 kcal) (Oil, Green Beans, Onion Salt, Garlic Salt, Garlic Powder, Pepper)
- Tossed Green Salad (225 kcal) (Spring Mix, Sunflower Seeds, Bacon, Red Onion, Cucumber, Balsamic Vinaigrette)
- Potato Salad (220 kcal) (Potatoes, Mayo, Boiled Egg, Pickled Relish, Celery, Mustard, Onion, Green Onion, Salt, Pepper, Onion Powder)
- Banana (110 kcal) & Yogurt (150 kcal)
- Unsweetened Tea (0 kcal) & Water (0 kcal)

Total Daily Calorie Count: 1448

WEDNESDAY

Crispy-Baked Chicken Drumsticks (288 kcal) (Chicken Drumstick, Oil, Salt, Pepper, Garlic Powder, Onion Powder, Paprika, Cayenne Pepper)

- Dirty Rice (170 kcal)
- Capri Vegetable Blend (132 kcal) (Green Beans, Carrots, Zucchini, Squash)
- House Salad (314 kcal) (Romaine, Cherry Tomatoes, Cucumber, Croutons, Cheddar Cheese, Ranch Dressing)
- Rotini Pasta Salad (140 kcal) (Rotini Pasta, Zucchini, Carrots, Broccoli, Onion, Sweet & Tart Vinaigrette Dressing)
- Apple (52 kcal) & Cottage Cheese (120 kcal)
- Unsweetened Tea (0 kcal) & Water (0 kcal)

Total Daily Calorie Count: 1216

THURSDAY

Parmesan Turkey Cutlets (200 kcal) (Turkey Cutlets, Eggs, Breadcrumbs, Parmesan Cheese, Salt, Pepper, Butter, Oil, Lemon Juice)

- Mashed Potatoes (257 kcal)
- Sautéed Broccoli (112 kcal) (Butter, Salt, Pepper, Garlic Powder, Onion Powder)
- Chopped Salad (111 kcal) (Italian Dressing, Romaine, Cucumber, Cherry Tomatoes, Parmesan Cheese)
- Tuna Salad (200 kcal) (Tuna, Mayo, Celery, Pickles, Salt, Pepper)
- Orange (45 kcal) & Vanilla Pudding (130 kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

Total Daily Calorie Count: 1055

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