



MENU

March 7 – March 11

BREAKFAST

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

☺ MONDAY

Total Daily Calorie Count: 1116

Chicken Fried Steak w/ Cream Gravy (361kcal)

- Scrambled Eggs (210kcal)
- Hashbrown (120kcal)
- Orange (45kcal) & Vanilla Pudding (110kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

☺ TUESDAY

Total Daily Calorie Count: 1108

Pork Chorizo & Egg Tacos (276kcal)

- Refried Beans (140kcal)
- Avocado Toast (190kcal)
- Apple (52kcal) & Yogurt (80kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

☺ WEDNESDAY

Total Daily Calorie Count: 1100

Egg & Turkey Sausage Burrito (250kcal) (Eggs, Turkey Sausage, Picante Sauce, Cheddar Cheese, Flour Tortilla)

- Hashbrown (120kcal)
- Avocado Toast (190kcal)
- Banana (110kcal) & String Cheese (160kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

☺ THURSDAY

Total Daily Calorie Count: 1040

Cinnamon French Toast w/ Maple Syrup (480kcal)

- Scrambled Eggs (210kcal)
- Chicken Sausage (80kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

LUNCH

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

☺ MONDAY

Total Daily Calorie Count: 1389

Roasted Turkey Breast (151kcal) (Turkey Breast, Butter, Garlic, Thyme, Sage, Rosemary, Salt, Pepper) & **Buttered Rolls (231kcal)**

- Mashed Potatoes (190kcal)
- Sautéed Green Beans (178kcal) (Oil, Green Beans, Onion Salt, Bacon, Red Onion, Cucumber, Balsamic Vinaigrette)
- Tossed Green Salad (269kcal) (Spring Mix, Sunflower Seeds, Bacon, Cucumber, Balsamic Vinaigrette)
- Rotini Pasta Salad (140kcal) (Rotini Pasta, Zucchini, Carrots, Broccoli, Onion, Sweet & Tart Vinaigrette)
- Banana (110kcal) & Cottage Cheese (120kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

☺ TUESDAY

Total Daily Calorie Count: 1393

Ground Beef Quesadillas (580kcal) (Oil, Bell Pepper, Onion, Ground Beef, Chili Powder, Cumin, Paprika, Salt, Pepper, Flour Tortilla, Monterey Jack Cheese, Sour, Picante Sauce) & **Spanish Rice (90kcal)** (Rice, Oil, Tomato Sauce, Salt, Chicken Broth)

- Black Bean & Corn (90kcal)
- Chopped Salad (111kcal) (Italian Dressing, Romaine, Cucumber, Cherry Tomatoes, Parmesan Cheese)
- Rotini Pasta Salad (140kcal) (Rotini Pasta, Zucchini, Carrots, Broccoli, Onion, Sweet & Tart Vinaigrette Dressing)
- Tuna Salad (200kcal) (Tuna, Mayo, Celery, Pickles, Salt, Pepper)
- Apple (52kcal) & Vanilla Pudding (130kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

☺ WEDNESDAY

Total Daily Calorie Count: 1673

Chili Cheese Dogs (637kcal) & French Fries (130kcal)

- Capri Vegetable Blend (132kcal) (Green Beans, Carrots, Zucchini, Squash)
- House Salad (314kcal) (Romaine, Cherry Tomatoes, Cucumber, Croutons, Cheddar Cheese, Ranch Dressing)
- Rotini Pasta Salad (140kcal) (Rotini Pasta, Zucchini, Carrots, Broccoli, Onion, Sweet & Tart Vinaigrette Dressing)
- Potato Salad (220kcal) (Potatoes, Mayo, Egg, Pickled Relish, Celery, Mustard, Onion, Green Onion, Salt, Pepper, Onion Powder)
- Fruit Salad (50kcal) & Applesauce (50kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

☺ THURSDAY

Total Daily Calorie Count: 1357

Garlic Butter Pork Chop (331kcal) (Pork Chop, Salt, Pepper, Oil, Butter, Thyme, Garlic, Lemon Juice) w/ **White Rice (190kcal)**

- Sautéed Broccoli (112kcal) (Butter, Salt, Pepper, Garlic Powder, Onion Powder)
- Caesar Salad (289kcal) (Romaine, Croutons, Parmesan Cheese, Caesar Dressing)
- Rotini Pasta Salad (140kcal) (Rotini Pasta, Zucchini, Carrots, Broccoli, Onion, Sweet & Tart Vinaigrette Dressing)
- 3 Bean Salad (100kcal) (Green Beans, Wax Beans, Kidney Beans, Sugar, Vinegar, Onion, Red Bell Pepper, Soybean Oil, Salt, Turmeric)
- Orange (45kcal) & Yogurt (150kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)

-One Complimentary Breakfast & Lunch for all Ryan White Clients Per Day -

- \$5⁰⁰ for Guests - All menu items are subject to change