

**Meal Menu for February 13, 2023- February 17, 2023**  
**BLESSINGS FOR YOU ADULT DAY CARE**

Monday 02/13/2023	Tuesday 02/14/2023	Wednesday 02/15/2023	Thursday 02/16/2023	Friday 02/17/2023
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Bagels & Cream Cheese Applesauce 1% Milk/ Coffee/Tea	Blueberry Muffin Peaches 1% Milk/ Coffee/Tea	Cinnamon Sticks Mandarin Oranges 1% Milk/ Coffee/Tea	2 Boiled Eggs w/ Turkey Bacon Pears 1% Milk/ Coffee/Tea	2 Slices of Cheese Toast Fruit Cocktail 1% Milk/ Coffee/Tea
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
Raisin Oatmeal Cookies 1% Milk	Original Sun Chips Orange Juice	Original Chex Mix Apple Juice	Strawberry Nutri Grain Bar Cranberry Juice	Animal Crackers 1% Milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Greek Style Fish Lemon- Feta Vegetables Seasoned Greens 1% Milk/ Coffee/Tea	BBQ Pulled Pork Seasoned Greens Sweet Potato Pudding 1% Milk/ Coffee/Tea	Baked Breaded Chicken Roasted Root Vegetables Seasonal Vegetables 1% Milk/ Coffee/Tea	Chicken and Broccoli Casserole Whole Wheat Penne Seasoned Green Beans 1% Milk/ Coffee/Tea	Mac and Cheese Seasoned Broccoli Stewed Tomatoes 1% Milk/ Coffee/Tea
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Triple Berry & Nuts Trail Mix Water	Graham Crackers w/ Honey Peanut Butter Water	Chicken Salad w/ Ritz Crackers Water	Tortilla Chips w/ Mild Salsa Water	Popcorn Grape Juice

Coffee/Tea/Milk/Water/or Juice served with all meals.

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\*Fruit Cocktail Ingredients: peaches, diced pears, pineapples, grapes, cherries \*Tropical Fruit: red papaya, guava, pineapple, yellow papaya, grapes \*Breakfast Scramble: Eggs, Bacon, Cheese