

Meal Menu for January 23, 2023- January 27, 2023
BLESSINGS FOR YOU ADULT DAY CARE

Monday 01/23/2023	Tuesday 01/24/2023	Wednesday 01/25/2023	Thursday 01/26/2023	Friday 01/27/2023
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 Slices of Cheese Toast Applesauce 1% Milk/ Coffee/Tea	Boiled Eggs w/ 2 Slices of Whole Wheat Toast Pears 1% Milk/ Coffee/Tea	Turkey Bacon Biscuit Peaches 1% Milk/ Coffee/Tea	Lorraine Quiche Fruit Cocktail 1% Milk/ Coffee/Tea	Oatmeal w/ Raisins Bananas 1% Milk/ Coffee/Tea
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Original Chex Mix Cranberry Juice	Harvest Cheddar Sun Chips w/ Salsa Water	Blueberry Belvita Breakfast Biscuit Apple Juice	Animal Crackers & Peanut Butter Water	Strawberry Nutri Grain Bar 1% Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Pot Pie Seasoned Green Beans Baked Apples 1% Milk/ Water	Mac and Cheese Stewed Tomatoes Steamed Broccoli 1% Milk/ Water	Bake Fish Picatta Rice & Mushroom Sautéed Spinach 1% Milk/ Water	Pulled Pork BBQ Creamy Turmeric Grits/ Greens Cinnamon Baked Apples 1% Milk/ Water	Beef Rice Mushroom Casserole Italian Mixed Vegetables Seasoned Beets 1% Milk/ Water
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Graham Crackers w/ Nutella Water	Oatmeal Raisin Chewy Granola Bar 1% Milk	Cheese Ritz Bits Crackers Orange Juice	Popcorn Grape Juice	Tortilla Chips w/ Original Hummus & Queso Water

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