

Meal Menu for January 16, 2023- January 20, 2023
BLESSINGS FOR YOU ADULT DAY CARE

Monday 01/16/2023	Tuesday 01/17/2023	Wednesday 01/18/2023	Thursday 01/19/2023	Friday 01/20/2023	
C L O S E D	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
		Scrambled Eggs w/ Cheese on 2 Slices of Whole Wheat Toast Applesauce 1% Milk/ Coffee/Tea	Cinnamon Sticks Tropical Fruit 1% Milk/ Coffee/Tea	2 Waffles Peaches 1% Milk/ Coffee/Tea	Hash Browns Pears 1% Milk/ Coffee/Tea
	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	
		Blueberry Muffin 1% Milk	Triple Berry & Nuts Trail Mix Water	Original Chex Mix Grape Juice	Cheese Ritz Bits Crackers Orange Juice
	LUNCH	LUNCH	LUNCH	LUNCH	
		Brazilian Chicken Stroganoff Broccoli Seasoned Barley 1% Milk/ Water	Pork w/ Sauce Roasted Root Vegetables Seasoned Greens 1% Milk/ Water	Roast Turkey w/ Gravy Herbed Bread Stuffing Roasted Brussel Sprouts 1% Milk/ Water	Mac and Cheese Steamed Corn Glazed Carrots 1% Milk/ Water
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK		
	Cheddar Cheese Sun Chips w/ Original Hummus Water	Oatmeal and Rasin Cookies Apple Juice	Cinnamon Belvita Breakfast Biscuits w/ Mandarin Oranges Water	Peanut Butter and Jelly Sandwich 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