

Meal Menu for January 30, 2023- February 3, 2023
BLESSINGS FOR YOU ADULT DAY CARE

Monday 01/30/2023	Tuesday 01/31/2023	Wednesday 02/01/2023	Thursday 02/02/2023	Friday 02/03/2023
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Blueberry Muffin Peaches 1% Milk/ Coffee/Tea	2 Waffles Applesauce 1% Milk/ Coffee/Tea	Raisin Bread Toast w/ Cream Cheese Mandarin Oranges 1% Milk/ Coffee/Tea	Turkey Sausage Biscuit Tropical Fruit 1% Milk/ Coffee/Tea	Hash Browns w/ Cheese Pears 1% Milk/ Coffee/Tea
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Original Cheez Its Apple Juice	Apple Cinnamon Nutri Grain Bar 1% Milk	Cream Cheese and Chives Crackers Grape Juice	Original Sun Chips Cranberry Juice	Chewy Chocolate Chunk Granola Bar w/ Fruit Cocktail Water
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Baked Fish w/ Lemon Butter Brussel Sprouts Risotto Seasonal Vegetables 1% Milk/ Water	Breaded Baked Chicken Sweet Potato Pudding Red Cabbage 1% Milk/ Water	Baked Fish Seasoned Greens Parsley Buttered Carrots 1% Milk/ Water	Chicken and Broccoli Casserole Whole Wheat Penne Seasoned Green Beans 1% Milk/ Water	Mac and Cheese Steamed Broccoli Stewed Tomatoes 1% Milk/ Water
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Tortilla Chips w/ Salsa Water	Raspberry Yogurt w/ Granola Water	Apple Cinnamon Muffin w/ Applesauce Water	Oatmeal Raisin Cookies 1% Milk	Peanut Butter Crackers Orange 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