

LUNCH

BLESSED TRINITY ELDER CARE

OCTOBER 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
WEEK FOUR	8 oz. 1% milk 2.5 oz. Sliced Ham 1/2 cup baked beans 1/2 cup pineapple 2 sl. WW bread	8 oz. 1% milk 3 oz. Rotisserie Chicken 1/2 cup green beans 1/2 cup mixed fruit 1/2 cup Mac & cheese 1 Corn muffin	8 oz. 1% milk 3 oz. hamburger 1/2 cup baked beans 1/2 cup roasted potatoes 1 WW Bun	8 oz. 1% milk 2 oz. Diced Chicken breast 1/2 cup peas & carrots 1/2 cup egg noodles 1 cup tossed salad 1 corn muffin	8 oz. 1% milk 3 oz. Pot roast w/gravy 1/2 cup mashed potatoes 1/2 cup carrots & onions 2 Dinner rolls
	October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
WEEK ONE	8 oz. 1% milk 4 oz. Meat Loaf 1/2 cup Mashed potatoes 1/2 cup Mixed Veggies 2 sl. WW bread	8 oz. 1% milk 3 oz. Meat balls 1 cup pasta in tomato sauce 1/2 cup Green beans 1 Dinner roll	3.25 oz BBQ pulled pork 1/2 cup Mac & Cheese 1/2 cup Apple sauce 1/2 cup cole slaw 1 Hawaiian roll	8 oz. 1% milk 4 oz. Chicken Marsala 1/2 cup peas & carrots 1/2 cup mixed fruit 1/2 cup mashed potatoes 1 sl. WW bread	8 oz. 1% milk 3 oz. hamburger 1/2 cup baked beans 1/2 cup roasted potatoes 1 WW Bun
	October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
WEEK TWO	8 oz. 1% milk 2 oz. ground beef 1/2 cup veggies in Bolognese 1 cup tossed salad 1/2 cup pasta 1 Dinner roll	8 oz. 1% milk 3 oz. Chicken Salad 1/2 cup carrots 1/2 cup Apple sauce 2 sl. WW bread	8 oz. 1% milk 2 oz. Chicken 1/2 cup broccoli & cheese 1 cup tossed salad 1/2 cup Brown rice 1 sl. WW bread	8 oz. 1% milk 3 oz. hamburger 1/2 cup baked beans 1/2 cup roasted potatoes 1 WW Bun	8 oz. 1% milk 2 oz. Diced Chicken breast 1/2 cup peas & carrots 1/2 cup egg noodles 1 cup tossed salad 1 corn muffin
	October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
WEEK THREE	8 oz. 1% milk 3 oz. Meat balls 1 cup pasta in tomato sauce 1/2 cup Green beans 1 Dinner roll	8 oz. 1% milk 4 oz. Meat Loaf 1/2 cup Mashed potatoes 1/2 cup Mixed Veggies 2 sl. WW bread	8 oz. 1% milk 2.5 oz sliced turkey 1/2 cup bean salad 1/2 cup mixed fruit 2 sl. WW bread	8 oz. 1% milk 3.25 oz BBQ pulled pork 1/2 cup Mac & Cheese 1/2 cup Apple sauce 1/2 cup cole slaw 1 Hawaiian roll	8 oz. 1% milk 3 oz. Salisbury Steak 1/2 cup green beans 1/2 cup scalloped potatoes 2 slices WW bread
	October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
WEEK FOUR	8 oz. 1% milk 2.5 oz. Sliced Ham 1/2 cup baked beans 1/2 cup pineapple 2 sl. WW bread	8 oz. 1% milk 3 oz. Rotisserie Chicken 1/2 cup green beans 1/2 cup mixed fruit 1/2 cup Mac & cheese 1 Corn muffin	8 oz. 1% milk 3 oz. hamburger 1/2 cup baked beans 1/2 cup roasted potatoes 1 WW Bun	8 oz. 1% milk 2 oz. Diced Chicken breast 1/2 cup peas & carrots 1/2 cup egg noodles 1 cup tossed salad 1 corn muffin	8 oz. 1% milk 3 oz. Pot roast w/gravy 1/2 cup mashed potatoes 1/2 cup carrots & onions 2 Dinner rolls

WW= Whole Wheat
WG= Whole Grain
sl.= Slice

Lunch is provide by Doing Dinner Ocala, FL
352-236-0120