

# LUNCH

# BLESSED TRINITY ELDER CARE

# FEBRUARY 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 30, 2023	January 31, 2023	February 1, 2023	February 2, 2023	February 3, 2023
WEEK TWO	8 oz 1% milk 3 oz Sliced Turkey 1/2 cup stuffing 1/2 cup Carrots 1 Dinner Roll	8 oz. 1% milk 2-3 oz. Rotisserie Chicken 1/2 cup Apple Sauce 1/2 cup Sweet Potatoes 2 Corn Muffins	8 oz 1% milk 1/2 cup Vegies in Bolognese w/ Ground Beef 1/2 cup Pasta 1 cup Salad 1 sl. WW Bread	8 oz. 1% milk 3 oz Hamburger 1/2 cup Tater Tots 1/2 Baked Beans 1 Wheat Hamburger Bun	8 oz 1% milk 3 oz. Pork Tenderloin 1/2 Great Northern Beans 1/2 cup Broccoli 2 Corn Muffins
	February 6, 2023	February 7, 2023	February 8, 2023	February 9, 2023	February 10, 2023
WEEK THREE	8 oz. 1% milk 2-3 oz White Wine Chicken 1/2 cup Mixed Vegies 1/2 cup Brown Rice 1 sl. WW bread	8 oz. 1% milk 3 oz Hamburger 1/2 cup Tater Tots 1/2 Baked Beans 1 Wheat Hamburger Bun	8 oz. 1% milk 3 oz. Meat Loaf 1/2 Mashed potatoes 1/2 cup peas & onions 2 Sl. WW Bread	8 oz. 1% milk 3 oz Meat Balls in sauce 1 cup Salad 1/2 cup Vegetable Medley 1/2 cup Pasta 1 sl. WW Bread	8 oz. 1% milk 3 oz. BBQ Chicken 1/2 cup Baked Beans 1/2 cup Apple Sauce 2 Corn Muffins
	February 13, 2023	February 14, 2023	February 15, 2023	February 16, 2023	February 17, 2023
WEEK FOUR	8 oz. 1% milk 3 oz. Sliced Ham 1/2 cup Baked Beans 1/2 cup Pears 2 sl. WW bread	8 oz. 1% milk 2 oz. Chicken Parm. 1/2 cup Pasta 1/2 cup Vegetable Medley 1 cup Salad 1 Dinner Roll	8 oz. 1% milk 3 oz Beef Hotdog 1/2 cup Baked Beans 1/2 cup cole slaw 1 Hotdog Bun	8 oz 1% milk 3 oz Sliced Turkey 1/2 cup stuffing 1/2 cup Carrots 1 Dinner Roll	8 oz. 1% milk 3 oz. Salisbury Steak 1/2 cup Green Beans 1/2 cup Mashed Potatoes 2 Dinner Rolls
	February 20, 2023	February 21, 2023	February 22, 2023	February 23, 2023	February 24, 2023
WEEK ONE		8 oz. 1% milk 3 oz. Meat Loaf 1/2 Mashed potatoes 1/2 cup peas & onions 2 Sl. WW Bread	8 oz. 1% milk 2 oz Talapia 1/2 Broccoli 1/2 cup mixed fruit 2 sl. WW Bread	8 oz. 1% milk 2 oz. Baked Ham 1/2 cup Scalloped potatoes 1/2 cup Green Beans 2 sl. WW Bread	8 oz. 1% milk 3 oz Hamburger 1/2 cup Tater Tots 1/2 Baked Beans 1 Wheat Hamburger Bun
	February 27, 2023	February 28, 2023	March 1, 2023	March 2, 2023	March 3, 2023
WEEK TWO	8 oz 1% milk 3 oz Sliced Turkey 1/2 cup stuffing 1/2 cup Carrots 1 Dinner Roll	8 oz. 1% milk 2-3 oz. Rotisserie Chicken 1/2 cup Apple Sauce 1/2 cup Sweet Potatoes 2 Corn Muffins	8 oz 1% milk 1/2 cup Vegies in Bolognese w/ Ground Beef 1/2 cup Pasta 1 cup Salad 1 sl. WW Bread	8 oz. 1% milk 3 oz Hamburger 1/2 cup Tater Tots 1/2 Baked Beans 1 Wheat Hamburger Bun	8 oz 1% milk 3 oz. Pork Tenderloin 1/2 Great Northern Beans 1/2 cup Broccoli 2 Corn Muffins
	WW= Whole Wheat WG= Whole Grain sl.= Slice		Lunch is provide by <u>Let's Eat Fresh Ocala, FL</u> 352-299-5233		