

LUNCH

BLESSED TRINITY ELDER CARE

MAY 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|--|
| | May 1, 2023 | May 2, 2023 | May 3, 2023 | May 4, 2023 | May 5, 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 |
| | May 8, 2023 | May 9, 2023 | May 10, 2023 | May 11, 2023 | May 12, 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 |
| | May 15, 2023 | May 16, 2023 | May 17, 2023 | May 18, 2023 | May 19, 2023 |
| WEEK ONE | 8 oz. 1% milk 3 oz Chicken Salad 1 cup Tossed Salad 1/2 cup Apple sauce 1 Wheat Croissant | 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 |
| | May 22, 2023 | May 23, 2023 | May 24, 2023 | May 25, 2023 | May 26, 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 |
| | May 29, 2023 | May 30, 2023 | May 31, 2023 | June 1, 2023 | June 2, 2023 |
| WEEK THREE | CLOSED FOR MEMORIAL DAY | 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 |
| WW= Whole Wheat WG= Whole Grain sl.= Slice | | | Lunch is provide by <u>Let's Eat Fresh</u> Ocala, FL 352-299-5233 | | |