

# LUNCH

# BLESSED TRINITY ELDER CARE

# FEBRUARY 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>February 1, 2021</b>	<b>February 2, 2021</b>	<b>February 3, 2021</b>	<b>February 4, 2021</b>	<b>February 5, 2021</b>
<b>WEEK TWO</b>	8 oz. 1% milk 2 oz Meat Balls in sauce 1 cup Tossed Salad 1/2 cup Apple sauce 1/2 cup Spaghetti pasta 1 Dinner roll	8 oz. 1% milk 3 oz. Pot roast w/gravy 1/2 cup scalloped potatoes 1/2 cup carrots & onions 2 Dinner rolls	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 oz. Stuffed Chicken breast 1/2 cup Mashed Potatoes 1/2 cup Brussel Sprouts 2 dinner rolls	8 oz. 1% milk 4 oz. Stew beef/potatoes 1 cup Tossed Salad 1/2 cup Apple Sauce 1/2 Cup Peas 2 corn muffins
	<b>February 8, 2021</b>	<b>February 9, 2021</b>	<b>February 10, 2021</b>	<b>February 11, 2021</b>	<b>February 12, 2021</b>
<b>WEEK THREE</b>	8 oz. 1% milk 3 oz. hamburger 1/2 cup baked beans 1/2 cup roasted potatoes 1 WW Bun	8 oz. 1% milk 4 oz. Meat Loaf 1/2 cup Mashed potatoes 1/2 cup Mixed Vegies 2 sl. WW bread	8 oz. 1% milk 4 oz. Chicken Marsala 1/2 cup Peas & carrots 1/2 cup Mashed Potatoes 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
	<b>February 15, 2021</b>	<b>February 16, 2021</b>	<b>February 17, 2021</b>	<b>February 18, 2021</b>	<b>February 19, 2021</b>
<b>WEEK FOUR</b>	<b>PRESIDENTS DAY CLOSED</b>	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. hamburger 1/2 cup baked beans 1/2 cup roasted potatoes 1 WW Bun	8 oz. 1% milk 2 oz Meat Balls in sauce 1 cup Tossed Salad 1/2 cup Apple sauce 1/2 cup Spaghetti pasta 1 Dinner roll	8 oz. 1% milk 3 oz. Pot roast w/gravy 1/2 scalloped potatoes 1/2 cup carrots & onions 2 Dinner rolls
	<b>February 22, 2021</b>	<b>February 23, 2021</b>	<b>February 24, 2021</b>	<b>February 25, 2021</b>	<b>February 26, 2021</b>
<b>WEEK ONE</b>	8 oz. 1% milk 4 oz. Meat Loaf 1/2 cup Mashed potatoes 1/2 cup Mixed Vegies 2 sl. WW bread	8 oz. 1% milk 3 oz. Pot roast w/gravy 1/2 cup scalloped potatoes 1/2 cup carrots & onions 2 Dinner rolls	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 4 oz. Chicken Marsala 1/2 cup Peas & carrots 1/2 cup Mashed Potatoes 2 sl. WW bread	8 oz. 1% milk 3 oz. hamburger 1/2 cup baked beans 1/2 cup roasted potatoes 1 WW Bun
	<b>WW= Whole Wheat</b> <b>WG= Whole Grain</b> <b>sl.= Slice</b>		<b>Lunch is provide by Doing Dinner Ocala, FL</b> <b>352-236-0120</b>		