

# LUNCH

# BLESSED TRINITY ELDER CARE

# MAY 2021

|  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|---|--|--|
|  | <b>May 3, 2021</b>   | <b>May 4, 2021</b>  | <b>May 5, 2021</b>  | <b>May 6, 2021</b>   | <b>May 7, 2021</b>   |
| <b>WEEK THREE</b>                                | 8 oz. 1% milk<br>3 oz. hamburger<br>1/2 cup baked beans<br>1/2 cup roasted potatoes<br>1 WW Bun                                    | 8 oz. 1% milk<br>4 oz. Chicken Marsala<br>1/2 cup Peas & carrots<br>1/2 cup Mashed Potatoes<br>2 sl. WW bread                   | 8 oz. 1% milk<br>3 oz. Pot roast w/gravy<br>1/2 cup scalloped potatoes<br>1/2 cup carrots & onions<br>2 Dinner rolls            | 8 oz. 1% milk<br>3.25 oz BBQ pulled pork<br>1/2 cup Mac & Cheese<br>1/2 cup mixed fruit<br>1/2 cup cole slaw<br>1 Hawaiian roll    | 8 oz. 1% milk<br>3 oz. Salisbury Steak<br>1/2 cup green beans<br>1/2 cup scalloped potatoes<br>2 slices WW bread                             |
|  | <b>May 10, 2021</b>  | <b>May 11, 2021</b>   | <b>May 12, 2021</b>   | <b>May 13, 2021</b>  | <b>May 14, 2021</b>  |
| <b>WEEK FOUR</b>                                 | 8 oz. 1% milk<br>2.5 oz. Sliced Ham<br>1/2 cup baked beans<br>1/2 cup pineapple<br>2 sl. WW bread                                  | 8 oz. 1% milk<br>3.25 oz BBQ pulled pork<br>1/2 cup Mac & Cheese<br>1/2 cup mixed fruit<br>1/2 cup cole slaw<br>1 Hawaiian roll | 8 oz. 1% milk<br>3 oz. hamburger<br>1/2 cup baked beans<br>1/2 cup roasted potatoes<br>1 WW Bun                                 | 8 oz. 1% milk<br>2 oz Meat Balls in sauce<br>1 cup Tossed Salad<br>1/2 cup Apple sauce<br>1/2 cup Spaghetti pasta<br>1 Dinner roll | 8 oz. 1% milk<br>3 oz. Pot roast w/gravy<br>1/2 scalloped potatoes<br>1/2 cup carrots & onions<br>2 Dinner rolls                             |
|  | <b>May 17, 2021</b>  | <b>May 18, 2021</b>   | <b>May 19, 2021</b>   | <b>May 20, 2021</b>  | <b>May 21, 2021</b>  |
| <b>WEEK ONE</b>                                  | 8 oz. 1% milk<br>4 oz. Meat Loaf<br>1/2 cup Mashed potatoes<br>1/2 cup Mixed Vegies<br>2 sl. WW bread                              | 8 oz. 1% milk<br>4 oz. Chicken Marsala<br>1/2 cup Peas & carrots<br>1/2 cup Mashed Potatoes<br>2 sl. WW bread                   | 8 oz. 1% milk<br>3.25 oz BBQ pulled pork<br>1/2 cup Mac & Cheese<br>1/2 cup mixed fruit<br>1/2 cup cole slaw<br>1 Hawaiian roll | 8 oz. 1% milk<br>3 oz. Stuffed Chicken breast<br>1/2 cup Mashed Potatoes<br>1/2 cup Brussel Sprouts<br>2 dinner rolls              | 8 oz. 1% milk<br>3 oz. hamburger<br>1/2 cup baked beans<br>1/2 cup roasted potatoes<br>1 WW Bun  |
|  | <b>May 24, 2021</b>  | <b>May 25, 2021</b>   | <b>May 26, 2021</b>   | <b>May 27, 2021</b>  | <b>May 28, 2021</b>  |
| <b>WEEK TWO</b>                                  | 8 oz. 1% milk<br>2 oz Meat Balls in sauce<br>1 cup Tossed Salad<br>1/2 cup Apple sauce<br>1/2 cup Spaghetti pasta<br>1 Dinner roll | 8 oz. 1% milk<br>3 oz. Pot roast w/gravy<br>1/2 cup scalloped potatoes<br>1/2 cup carrots & onions<br>2 Dinner rolls            | 8 oz. 1% milk<br>2.5 oz sliced turkey<br>1/2 cup bean salad<br>1/2 cup mixed fruit<br>2 sl. WW bread                            | 8 oz. 1% milk<br>4 oz. Meat Loaf<br>1/2 cup Mashed potatoes<br>1/2 cup Mixed Vegies<br>2 sl. WW bread                              | 8 oz. 1% milk<br>1/2 cup Pasta w/Alfredo Sauce<br>2 oz. chicken in Alfredo Sauce<br>1/2 cup Broccoli<br>1/2 cup fresh fruit<br>1 Dinner roll |
|  | <b>May 31, 2021</b>  | <b>June 1, 2021</b>   | <b>June 2, 2021</b>   | <b>June 3, 2021</b>  | <b>June 4, 2021</b>  |
| <b>WEEK THREE</b>                                | <b>CLOSED FOR MEMORIAL DAY</b>   | 8 oz. 1% milk<br>4 oz. Chicken Marsala<br>1/2 cup Peas & carrots<br>1/2 cup Mashed Potatoes<br>2 sl. WW bread                   | 8 oz. 1% milk<br>3 oz. Pot roast w/gravy<br>1/2 cup scalloped potatoes<br>1/2 cup carrots & onions<br>2 Dinner rolls            | 8 oz. 1% milk<br>3.25 oz BBQ pulled pork<br>1/2 cup Mac & Cheese<br>1/2 cup Apple sauce<br>1/2 cup cole slaw<br>1 Hawaiian roll    | 8 oz. 1% milk<br>3 oz. Salisbury Steak<br>1/2 cup green beans<br>1/2 cup scalloped potatoes<br>2 slices WW bread                             |
| WW= Whole Wheat<br>WG= Whole Grain<br>sl.= Slice |  |   | Lunch is provide by Doing Dinner Ocala, FL<br><b>352-236-0120</b>   |  |  |