

Chicken Salads!

Cranberry Apple or Jalapeno Popper



\$7 per bowl

Pick up on Tuesday, October 15th:

- 48th & Maine (11:15-11:30 am) – dropped off at your department
- Blessing Hospital Cafeteria (Noon – 6:30 pm) – grocery cooler
- Wellness Center (Noon-5 pm); Wednesday and Thursday (8 am – 5 pm)

To place an order, please email:

blessingwellnesscenter@blessinghealth.org or call us at: 217-214-5858

Orders and payments due by 2 pm on Friday, October 11th.

LIMITED SUPPLY AVAILABLE

Cranberry Apple Chicken Salad

Ingredients: Chicken, apple, Greek yogurt, celery, red Onion, dried cranberries, lemon juice, honey, garlic, salt

Jalapeno Popper Chicken Salad

Ingredients: Chicken, Greek yogurt, light mayo, bacon bits, shredded cheese, red onion, green onion, jalapeno, seasonings (garlic, onion, black pepper, crushed red pepper flakes).

***Each salad served with crackers on the side**

Nutrition Facts

Serving Size: 1 bowl

Cranberry Apple (1st column)

Jalapeno Popper (2nd column)

Amount per serving

Calories:	304	380
Total Fat:	5 g	19 g
	Saturated Fat: 2 g	5 g
Sodium:	260 mg	1300 mg
Total Carbs:	25 g	9 g
	Fiber: 2 g	1 g
	Sugars: 19 g	2 g
Protein:	41 g	45 g