

Mediterranean Bowl with Chicken



\$7 per bowl

Pick up on Tuesday, December 3rd:

- 48th & Maine (11:15-11:30 am) – dropped off at your department
- Blessing Hospital Cafeteria (Noon – 6:30 pm) – grocery cooler
- Wellness Center (Tuesday Noon-5 pm, Wed/Thurs 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, November 29th.

LIMITED SUPPLY AVAILABLE

Ingredients: Chicken breast, mixed greens, bell pepper, cucumber, tomatoes, chickpeas, hummus, quinoa, plain Greek yogurt, lemon juice, garlic, oregano, salt, pepper

CONTAINS: MILK



Nutrition Facts

Serving Size: 1 bowl

Amount per serving

Calories: 450

Total Fat: 14 g

Saturated Fat: 2 g

Sodium: 930 mg

Total Carbohydrates: 47 g

Fiber: 9 g

Sugars: 7 g

Protein: 39 g