



## TWO OPTIONS:

- Breakfast Casserole\*
- Pesto Meatballs with Mashed Potatoes

**BUY 4  
MEALS,  
GET 1 FREE**

\*Freezer-friendly meal

\$7 per bowl

### **Pick up/Drop off on Tuesday, March 18th:**

- 4800 Maine (11 am) – dropped off at your department
- Employer Clinic (11:15 am) – dropped off at the clinic
- Blessing Hospital Cafeteria (Noon-6:30 pm) – grocery cooler
- Wellness Center (Tuesday: Noon-5 pm)  
(Wednesday/Thursday: 8 am-5pm)

To place an order, please email:

[blessingwellnesscenter@blessinghealth.org](mailto:blessingwellnesscenter@blessinghealth.org)

or call us at: 217-214-5858

**Orders and payment due by 2 pm on  
Friday, March 14th.**

Nutrition and ingredient information available on  
the following page!

**B** *BLESSING*  
Wellness Center

## BREAKFAST CASSEROLE

Ingredients: Eggs, hash browns (potatoes, peppers, onion), turkey sausage, cheese, pepper, onion powder, garlic, black pepper.

Nutrition Facts
Serving Size: 1 bowl
<b>Amount per serving</b>
<b>Calories: 290</b>
<b>Total Fat: 16 g</b>
Saturated Fat: 6 g
<b>Sodium: 750 mg</b>
<b>Total Carbohydrates: 16 g</b>
Fiber: 2 g
Sugars: 4 g
<b>Protein: 24 g</b>

## PESTO MEATBALLS WITH MASHED POTATOES

Ingredients: Spinach, ground turkey, breadcrumbs, pesto, parmesan cheese, egg, instant potatoes, shredded cheese, milk, parsley, garlic, salt.

Nutrition Facts
Serving Size: 1 bowl
<b>Amount per serving</b>
<b>Calories: 465</b>
<b>Total Fat: 24 g</b>
Saturated Fat: 10 g
<b>Sodium: 750 mg</b>
<b>Total Carbohydrates: 30 g</b>
Fiber: 3 g
Sugars: 4 g
<b>Protein: 33 g</b>