



Wellness Center Pre-Order

TWO OPTIONS:

- Chicken
Cheesesteak
Skillet*
- Turkey Taco
Bowl*

*Freezer-friendly meal

\$7 per bowl

Pick up/Drop off on Tuesday, April 22nd:

- 4800 Maine (11 am) – dropped off at your department
- Employer Clinic (11:15 am) – dropped off at the clinic
- Blessing Hospital Cafeteria (12-6:30 pm) – grocery cooler
- Wellness Center (Tues: 12-5 pm) (Wed/Thurs: 8 am-5pm)

To place an order, please email:

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

Orders and payment due by 2 pm on Friday, April 18th.

Nutrition and ingredient information available on the following page!

CHICKEN CHEESESTEAK SKILLET

Ingredients: Chicken breast, peppers, onion, cheese, Italian seasoning, reduced-sodium chicken broth, salt, pepper, garlic

Nutrition Facts
Serving Size: 1 bowl
Amount per serving
Calories: 315
Total Fat: 11 g
Saturated Fat: 6 g
Sodium: 440 mg
Total Carbohydrates: 11 g
Fiber: 3 g
Sugars: 5 g
Protein: 43 g

TURKEY TACO BOWL

Ingredients: Ground turkey, basmati rice, cheese, black beans, corn, cherry tomatoes, chili powder, cumin, paprika, garlic powder, onion powder, oregano, salt.

Nutrition Facts
Serving Size: 1 bowl
Amount per serving
Calories: 460
Total Fat: 16 g
Saturated Fat: 4 g
Sodium: 545 mg
Total Carbohydrates: 43 g
Fiber: 8 g
Sugars: 4 g
Protein: 39 g

Served with Greek yogurt & salsa sauce on the side