

# Egg Roll In A Bowl



\$7 per bowl

## Pick up on Tuesday, October 3rd:

- 48<sup>th</sup> & Maine (11:15-11:30 am) – dropped off at your department
- Blessing Hospital Cafeteria (Noon – 6:30 pm) – grocery cooler
- Wellness Center (Noon-6:30 pm)

### HANNIBAL CLINIC

- Pick up in Admin Reception on Wednesday, October 4th

To place an order, please email:

[blessingwellnesscenter@blessinghealth.org](mailto:blessingwellnesscenter@blessinghealth.org) or call us at: 217-214-5858

**Orders and payments due by 2 pm  
on Friday, September 29th.**

## LIMITED SUPPLY AVAILABLE

Ingredients: Ground turkey, coleslaw mix, onion, carrots, liquid aminos, sesame oil, rice vinegar, hoisin sauce, garlic, ginger, green onion, pepper.

### Nutrition Facts

Serving Size: 1 bowl

Amount per serving

**Calories: 330**

**Total Fat: 17 g**

Saturated Fat: 5 g

**Sodium: 730 mg**

**Total Carbohydrates: 20 g**

Fiber: 6 g

Sugars: 11 g

**Protein: 25 g**