



WEEK 1

EBR COA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JANUARY 4 to JANUARY 10, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
JANUARY 4, 2021		JANUARY 5, 2021		JANUARY 6, 2021		JANUARY 7, 2021		JANUARY 8, 2021		JANUARY 9, 2021		JANUARY 10, 2021	
MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU	
6 OZ. CHICKEN SAUSAGE STEW		1 EA PORK CHOP w/GRAVY		6 OZ. BRAISED BEEF		1 EA. CHICKEN CACCIATORE		1 EA BARBECUE BEEF PATTY		3 OZ. BAKED FISH		4 OZ. MEAT SAUCE	
4 OZ. WHITE RICE		4 OZ. RICE PILAF		4 OZ. BROWN RICE		4 OZ. SCALLOPED POTATOES		4 OZ. BAKED BEANS		4 OZ. MASHED POTATOES		4 OZ. SPAGHETTI	
4 OZ. CREAMY SWEET POTATOES		4 OZ. GREEN BEANS		4 OZ. BABY CARROTS		1 SLI. WHEAT BREAD		4 OZ. CORN		4 OZ. BROCCOLI FLORETS		4 OZ. ITALIAN GREEN BEANS	
1 EA. WHEAT BREAD		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		4 OZ. OKRA		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		4 OZ. YELLOW SQUASH	
4 OZ. FRUIT		4 OZ. FRUIT		4 OZ. FRUIT		1 EA. WHEAT BREAD		1 EA SNACK		1 EA 2% MILK		1 SLI WHEAT BREAD	
1 EA SNACK		1 EA SNACK		1 EA SNACK		1 EA SNACK		1 EA 2% MILK				1 EA 2% MILK	
1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK							
CALORIES	1087	CALORIES	687	CALORIES	756	CALORIES	771	CALORIES	993	CALORIES	695	CALORIES	689
PROTEIN	29	PROTEIN	26	PROTEIN	27	PROTEIN	34	PROTEIN	30	PROTEIN	31.6	PROTEIN	32.2
FAT%	30%	FAT%	18%	FAT%	21%	FAT%	22%	FAT%	35%	FAT%	31%	FAT%	27%
SODIUM	1052	SODIUM	956	SODIUM	1204	SODIUM	1092	SODIUM	1085	SODIUM	1017	SODIUM	1205
FIBER	10	FIBER	9	FIBER	11	FIBER	9	FIBER	13	FIBER	4	FIBER	10
VITAMIN A	320	VITAMIN A	485	VITAMIN A	429	VITAMIN A	380	VITAMIN A	657	VITAMIN A	462	VITAMIN A	401



WEEK 2

EBR COA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JANUARY 11 TO JANUARY 17, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JANUARY 11, 2021	JANUARY 12, 2021	JANUARY 13, 2021	JANUARY 14, 2021	JANUARY 15, 2021	JANUARY 16, 2021	JANUARY 17, 2021
MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU
6 OZ. WHITE BEANS AND SMOKED SAUSAGE 4 OZ. BROWN RICE 4 OZ. GREENS 1 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	6 OZ. CHICKEN SPAGHETTI 4 OZ. ITALIAN MIXED VEGETABLE 4 OZ. PEAS w/ONIONS 1 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	3 OZ. BAKED HAM 4 OZ. GREEN BEANS 4 OZ. BLACKEYED PEAS 1 SLI. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	4 OZ. BEEF TERIYAKE 4 OZ. PASTA 4 OZ. MIXED VEGETABLES 1 SLI. WHEAT BREAD 1 EA. SNACK 1 EA. 2% MILK	1 EA. BAKED CHICKEN DRUMSTICK 4 OZ. GREEN PEAS 4 OZ. CORN 1 EA. WHEAT BREAD 1 EA. SNACK 1 EA. 2% MILK	1 EA. SALISBURY STEAK 4 OZ. YELLOW SQUASH 4 OZ. STEAMED RICE 1 SLI. WHEAT BREAD 1 EA. 2% MILK	4 OZ. TURKEY W/TURKEY GRAVY 4 OZ. MASHED POTATOES 4 OZ. LIMA BEANS 1 SLI. WHEAT BREAD 1 EA. 2% MILK
CALORIES 736	CALORIES 701	CALORIES 722	CALORIES 726	CALORIES 692	CALORIES 681	CALORIES 694
PROTEIN 37	PROTEIN 43	PROTEIN 38.3	PROTEIN 31.2	PROTEIN 26	PROTEIN 31	PROTEIN 434
FAT% 27%	FAT% 24%	FAT% 18%	FAT% 33%	FAT% 26%	FAT% 28%	FAT% 26%
SODIUM 1018	SODIUM 1180	SODIUM 1261	SODIUM 1042	SODIUM 624	SODIUM 929	SODIUM 1086
FIBER 14	FIBER 12	FIBER 10	FIBER 11	FIBER 11	FIBER 4	FIBER 11
VITAMIN A 320	VITAMIN A 340	VITAMIN A 490	VITAMIN A 451	VITAMIN 487	VITAMIN A 309	VITAMIN A 311



WEEK 3

EBR COA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JANUARY 18 TO JANUARY 24, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JANUARY 18, 2021	JANUARY 19, 2021	JANUARY 20, 2021	JANUARY 21, 2021	JANUARY 22, 2021	JANUARY 23, 2021	JANUARY 24, 2021
MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU
6 OZ. TACO SOUP 4 OZ. MIXED VEGETABLES 4 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	3 OZ. CHICKEN FLORENTINE 4 OZ. MASHED POTATOES 4 OZ. GREEN BEANS w/PIMENTOS 1 SLI. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	6 OZ. CHILI WITH BEANS 4 OZ. BROWN RICE 4 OZ. BROCCOLI 1 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	3 OZ. CAJUN BAKED FISH 4 OZ. MASHED POTATOES 4 OZ. MIXED VEGETABLES 1 SLI. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	6 OZ. TURKEY STEW 4 OZ. MASHED POTATOES 4 OZ. PRINCE EDWARD BLEND VEGETABLES 1 SLI. WHEAT BREAD 1 EA. SNACK 1 EA. 2% MILK	1 EA. BARBECUE BEEF PATTY 4 OZ. BAKED BEANS 4 OZ. SLICED CARROTS 1 EA. WHEAT BREAD 1 EA. 2% MILK	1 EA. PORK CHOP 4 OZ. SMOTHERED POTATOES 4 OZ. CORN 1 SLI. WHEAT BREAD 1 EA. 2% MILK
CALORIES 686	CALORIES 604	CALORIES 756	CALORIES 582	CALORIES 724	CALORIES 761	CALORIES 819
PROTEIN 25	PROTEIN 39	PROTEIN 39	PROTEIN 33	PROTEIN 38	PROTEIN 35.4	PROTEIN 39.0
FAT% 14%	FAT% 21%	FAT% 29%	FAT% 18%	FAT% 12%	FAT% 28%	FAT% 21%
SODIUM 1254	SODIUM 844	SODIUM 1034	SODIUM 927	SODIUM 797	SODIUM 1026	SODIUM 886
FIBER 13	FIBER 9	FIBER 11	FIBER 11	FIBER 8	FIBER 15	FIBER 11
VITAMIN A 543	VITAMIN A 352	VITAMIN A 402	VITAMIN A 419	VITAMIN 696	VITAMIN A 369	VITAMIN A 1061



WEEK 4

EBR COA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JANUARY 25 TO JANUARY 31, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JANUARY 25, 2021	JANUARY 26, 2021	JANUARY 27, 2021	JANUARY 28, 2021	JANUARY 29, 2021	JANUARY 30, 2021	JANUARY 31, 2021
MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU
6 OZ. VEGETABLE BEEF SOUP 4 OZ. ROASTED POTATOES 4 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ. SMOTHERED PORK CHOP w/PEPPERS AND ONIONS 4 OZ. GARLIC SMOTHERED POTATOES 4 OZ. CALIFORNIA BLEND VEGETABLES 1 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ. LEMON DILL BAKED FISH 4 OZ. RICE PILAF 4 OZ. GREEN BEANS 1 SLI. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ. CHICKEN STEW 4 OZ. BROWN RICE 4 OZ. BROCCOLI 1 SLI. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA BARBECUE BEEF PATTY 4 OZ. BAKED BEANS 4 OZ. CORN 1 EA. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	4 OZ. TURKEY w/TURKEY GRAVY 4 OZ. MASHED POTATOES 4 OZ. BABY CARROTS 1 SLI WHEAT BREAD 1 EA 2% MILK	6 OZ. CHICKEN SPAGHETTI 4 OZ. ITALIAN MIX VEGETABLES 4 OZ. GREEN PEAS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 721	CALORIES 702	CALORIES 701	CALORIES 720	CALORIES 728	CALORIES 697	CALORIES 686
PROTEIN 23	PROTEIN 43	PROTEIN 30.4	PROTEIN 36.7	PROTEIN 38.1	PROTEIN 37.0	PROTEIN 45
FAT% 12%	FAT% 19%	FAT% 30%	FAT% 21%	FAT% 29%	FAT% 16%	FAT% 24%
SODIUM 1113	SODIUM 986	SODIUM 977	SODIUM 1068	SODIUM 1038	SODIUM 756	SODIUM 1224
FIBER 7	FIBER 12	FIBER 8	FIBER 7	FIBER 14	FIBER 7	FIBER 14
VITAMIN A 605	VITAMIN A 430	VITAMIN A 448	VITAMIN A 460	VITAMIN 989	VITAMIN A 502	VITAMIN A 217



WEEK 5

EBR COA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR FEBRUARY 1 TO FEBRUARY 7, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FEBRUARY 1, 2021	FEBRUARY 2, 2021	FEBRUARY 3, 2021	FEBRUARY 4, 2021	FEBRUARY 5, 2021	FEBRUARY 6, 2021	FEBRUARY 7, 2021
MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU
6 OZ. RED BEANS AND SAUSAGE 4 OZ. BROWN RICE 4 OZ. MUSTARD GREENS 1 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ. ITALIAN BAKED CHICKEN BREAST 4 OZ. MASHED POTATOES 4 OZ. ITALIAN GREEN BEANS 1 SLI. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ. SHRIMP ETOUFEE 4 OZ. BROWN RICE 4 OZ. MIXED VEGETABLES 1 SLI. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ. BAKED HAM 4 OZ. BLACKKEYED PEAS 4 OZ. BROCCOLI 1 SLI. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ. BAKED CHICKEN 4 OZ. MASHED POTATOES 4 OZ. SQUASH 1 SLI. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ. BAKED FISH 4 OZ. PARSLIED NEW POTATOES 4 OZ. GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK	1 EA. SALISBURY STEAK 4 OZ. BROWN RICE 4 OZ. ZUCCHINI /TOMATOES 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 688	CALORIES 695	CALORIES 769	CALORIES 757	CALORIES 726	CALORIES 735	CALORIES 703
PROTEIN 33	PROTEIN 39	PROTEIN 39	PROTEIN 39	PROTEIN 30	PROTEIN 29	PROTEIN 39
FAT% 25%	FAT% 20%	FAT% 29%	FAT% 15%	FAT% 25%	FAT% 26%	FAT% 33%
SODIUM 973	SODIUM 943	SODIUM 1250	SODIUM 1011	SODIUM 868	SODIUM 1005	SODIUM 1032
FIBER 14	FIBER 9.1	FIBER 12	FIBER 6	FIBER 5	FIBER 8	FIBER 5.8
VITAMIN A 755	VITAMIN A 333	VITAMIN A 336	VITAMIN A 333	VITAMIN 453	VITAMIN A 634	VITAMIN A 962



WEEK 6

EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR FEBRUARY 8 to FEBRUARY 14, 2021 MENU

MONDAY FEBRUARY 8, 2021		TUESDAY FEBRUARY 9, 2021		WEDNESDAY FEBRUARY 9, 2021		THURSDAY FEBRUARY 11, 2021		FRIDAY FEBRUARY 12, 2021		SATURDAY FEBRUARY 13, 2021		SUNDAY FEBRUARY 14, 2021	
MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU	
6 OZ. CHICKEN SAUSAGE STEW		1 EA PORK CHOP w/GRAVY		6 OZ. BRAISED BEEF		1 EA. CHICKEN CACCIATORE		1 EA BARBECUE BEEF PATTY		3 OZ. BAKED FISH		4 OZ. MEAT SAUCE	
4 OZ. WHITE RICE		4 OZ. RICE PILAF		4 OZ. BROWN RICE		4 OZ. SCALLOPED POTATOES		4 OZ. BAKED BEANS		4 OZ. MASHED POTATOES		4 OZ. SPAGHETTI	
4 OZ. CREAMY SWEET POTATOES		4 OZ. GREEN BEANS		4 OZ. BABY CARROTS		1 SLI. WHEAT BREAD		4 OZ. CORN		4 OZ. BROCCOLI FLORETS		4 OZ. ITALIAN GREEN BEANS	
1 EA. WHEAT BREAD		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		4 OZ. OKRA		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		4 OZ. YELLOW SQUASH	
4 OZ. FRUIT		4 OZ. FRUIT		4 OZ. FRUIT		1 EA. WHEAT BREAD		1 EA SNACK		1 EA 2% MILK		1 SLI WHEAT BREAD	
1 EA SNACK		1 EA SNACK		1 EA SNACK		1 EA SNACK		1 EA 2% MILK				1 EA 2% MILK	
1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK							
CALORIES	1087	CALORIES	687	CALORIES	756	CALORIES	771	CALORIES	993	CALORIES	695	CALORIES	689
PROTEIN	29	PROTEIN	26	PROTEIN	27	PROTEIN	34	PROTEIN	30	PROTEIN	31.6	PROTEIN	32.2
FAT%	30%	FAT%	18%	FAT%	21%	FAT%	22%	FAT%	35%	FAT%	31%	FAT%	27%
SODIUM	1052	SODIUM	956	SODIUM	1204	SODIUM	1092	SODIUM	1085	SODIUM	1017	SODIUM	1205
FIBER	10	FIBER	9	FIBER	11	FIBER	9	FIBER	13	FIBER	4	FIBER	10
VITAMIN A	320	VITAMIN A	485	VITAMIN A	429	VITAMIN A	380	VITAMIN A	657	VITAMIN A	462	VITAMIN A	401



WEEK 7

EBR/COA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR FEBRUARY 15 to FEBRUARY 21, 2021 MENU

MONDAY FEBRUARY 15, 2021	TUESDAY FEBRUARY 16, 2021	WEDNESDAY FEBRUARY 17, 2021	THURSDAY FEBRUARY 18, 2021	FRIDAY FEBRUARY 19, 2021	SATURDAY FEBRUARY 20, 2021	SUNDAY FEBRUARY 21, 2021
MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU
6 OZ. WHITE BEANS AND SMOKED SAUSAGE 4 OZ. BROWN RICE 4 OZ. GREENS 1 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	6 OZ. CHICKEN SPAGHETTI 4 OZ. ITALIAN MIXED VEGETABLE 4 OZ. PEAS w/ONIONS 1 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	3 OZ. BAKED HAM 4 OZ. GREEN BEANS 4 OZ. BLACKEYED PEAS 1 SLI. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	4 OZ. BEEF TERIYAKE 4 OZ. PASTA 4 OZ. MIXED VEGETABLES 1 SLI. WHEAT BREAD 1 EA. SNACK 1 EA. 2% MILK	1 EA. BAKED CHICKEN DRUMSTICK 4 OZ. GREEN PEAS 4 OZ. CORN 1 EA. WHEAT BREAD 1 EA. SNACK 1 EA. 2% MILK	1 EA. SALISBURY STEAK 4 OZ. YELLOW SQUASH 4 OZ. STEAMED RICE 1 SLI. WHEAT BREAD 1 EA. 2% MILK	4 OZ. TURKEY W/TURKEY GRAVY 4 OZ. MASHED POTATOES 4 OZ. LIMA BEANS 1 SLI. WHEAT BREAD 1 EA. 2% MILK
CALORIES 736	CALORIES 701	CALORIES 722	CALORIES 726	CALORIES 692	CALORIES 681	CALORIES 694
PROTEIN 37	PROTEIN 43	PROTEIN 38.3	PROTEIN 31.2	PROTEIN 26	PROTEIN 31	PROTEIN 434
FAT% 27%	FAT% 24%	FAT% 18%	FAT% 33%	FAT% 26%	FAT% 28%	FAT% 26%
SODIUM 1018	SODIUM 1180	SODIUM 1261	SODIUM 1042	SODIUM 624	SODIUM 929	SODIUM 1086
FIBER 14	FIBER 12	FIBER 10	FIBER 11	FIBER 11	FIBER 4	FIBER 11
VITAMIN A 320	VITAMIN A 340	VITAMIN A 490	VITAMIN A 451	VITAMIN 487	VITAMIN A 309	VITAMIN A 311



WEEK 8

EBR COA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR FEBRUARY 22 to FEBRUARY 28, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
FEBRUARY 22, 2021		FEBRUARY 23, 2021		FEBRUARY 24, 2021		FEBRUARY 25, 2021		FEBRUARY 26, 2021		FEBRUARY 27, 2021		FEBRUARY 28, 2021	
MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU	
6 OZ. TACO SOUP		3 OZ. CHICKEN FLORENTINE		6 OZ. CHILI WITH BEANS		3 OZ. CAJUN BAKED FISH		6 OZ. TURKEY STEW		1 EA. BARBECUE BEEF PATTY		1 EA. PORK CHOP	
4 OZ. MIXED VEGETABLES		4 OZ. MASHED POTATOES		4 OZ. BROWN RICE		4 OZ. MASHED POTATOES		4 OZ. MASHED POTATOES		4 OZ. BAKED BEANS		4 OZ. SMOTHERED POTATOES	
4 EA. WHEAT BREAD		4 OZ. GREEN BEANS w/PIMENTOS		4 OZ. BROCCOLI		4 OZ. MIXED VEGETABLES		4 OZ. PRINCE EDWARD BLEND VEGETABLES		4 OZ. SLICED CARROTS		4 OZ. CORN	
4 OZ. FRUIT		1 EA. WHEAT BREAD		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD	
1 EA. SNACK		4 OZ. FRUIT		4 OZ. FRUIT		4 OZ. FRUIT		1 EA. SNACK		1 EA. 2% MILK		1 EA. 2% MILK	
1 EA. 2% MILK		1 SLI. WHEAT BREAD		1 EA. SNACK		1 EA. SNACK		1 EA. 2% MILK					
		1 EA. 2% MILK		1 EA. 2% MILK		1 EA. 2% MILK							
CALORIES	686	CALORIES	604	CALORIES	756	CALORIES	582	CALORIES	724	CALORIES	761	CALORIES	819
PROTEIN	25	PROTEIN	39	PROTEIN	39	PROTEIN	33	PROTEIN	38	PROTEIN	35.4	PROTEIN	39.0
FAT%	14%	FAT%	21%	FAT%	29%	FAT%	18%	FAT%	12%	FAT%	28%	FAT%	21%
SODIUM	1254	SODIUM	844	SODIUM	1034	SODIUM	927	SODIUM	797	SODIUM	1026	SODIUM	886
FIBER	13	FIBER	9	FIBER	11	FIBER	11	FIBER	8	FIBER	15	FIBER	11
VITAMIN A	543	VITAMIN A	352	VITAMIN A	402	VITAMIN A	419	VITAMIN	696	VITAMIN A	369	VITAMIN A	1061



WEEK 9

EBR COA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 1 to MARCH 7, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH 1, 2021	MARCH 2, 2021	MARCH 3, 2021	MARCH 4, 2021	MARCH 5, 2021	MARCH 6, 2021	MARCH 7, 2021
MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU
6 OZ. VEGETABLE BEEF SOUP 4 OZ. ROASTED POTATOES 4 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ. SMOTHERED PORK CHOP w/PEPPERS AND ONIONS 4 OZ. GARLIC SMOTHERED POTATOES 4 OZ. CALIFORNIA BLEND VEGETABLES 1 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ. LEMON DILL BAKED FISH 4 OZ. RICE PILAF 4 OZ. GREEN BEANS 1 SLI. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ. CHICKEN STEW 4 OZ. BROWN RICE 4 OZ. BROCCOLI 1 SLI. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA BARBECUE BEEF PATTY 4 OZ. BAKED BEANS 4 OZ. CORN 1 EA. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	4 OZ. TURKEY w/TURKEY GRAVY 4 OZ. MASHED POTATOES 4 OZ. BABY CARROTS 1 SLI WHEAT BREAD 1 EA 2% MILK	6 OZ. CHICKEN SPAGHETTI 4 OZ. ITALIAN MIX VEGETABLES 4 OZ. GREEN PEAS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 721	CALORIES 702	CALORIES 701	CALORIES 720	CALORIES 728	CALORIES 697	CALORIES 686
PROTEIN 23	PROTEIN 43	PROTEIN 30.4	PROTEIN 36.7	PROTEIN 38.1	PROTEIN 37.0	PROTEIN 45
FAT% 12%	FAT% 19%	FAT% 30%	FAT% 21%	FAT% 29%	FAT% 16%	FAT% 24%
SODIUM 1113	SODIUM 986	SODIUM 977	SODIUM 1068	SODIUM 1038	SODIUM 756	SODIUM 1224
FIBER 7	FIBER 12	FIBER 8	FIBER 7	FIBER 14	FIBER 7	FIBER 14
VITAMIN A 605	VITAMIN A 430	VITAMIN A 448	VITAMIN A 460	VITAMIN 989	VITAMIN A 502	VITAMIN A 217



WEEK 10

EBR COA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 8 to MARCH 14, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MARCH 8, 2021		MARCH 9, 2021		MARCH 10, 2021		MARCH 11, 2021		MARCH 12, 2021		MARCH 13, 2021		MARCH 14, 2021	
MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU	
6 OZ. RED BEANS AND SAUSAGE		3 OZ. ITALIAN BAKED CHICKEN BREAST		6 OZ. SHRIMP ETOUFEE		3 OZ. BAKED HAM		3 OZ. BAKED CHICKEN		3 OZ. BAKED FISH		1 EA. SALISBURY STEAK	
4 OZ. BROWN RICE		4 OZ. MASHED POTATOES		4 OZ. BROWN RICE		4 OZ. BLACKKEYED PEAS		4 OZ. MASHED POTATOES		4 OZ. PARSLIED NEW POTATOES		4 OZ. BROWN RICE	
4 OZ. MUSTARD GREENS		4 OZ. ITALIAN GREEN BEANS		4 OZ. MIXED VEGETABLES		4 OZ. BROCCOLI		4 OZ. SQUASH		4 OZ. GREEN BEANS		4 OZ. ZUCCHINI /TOMATOES	
1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD	
4 OZ. FRUIT		4 OZ. FRUIT		4 OZ. FRUIT		1 EA SNACK		1 EA SNACK		1 EA 2% MILK		1 EA 2% MILK	
1 EA SNACK		1 EA SNACK		1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK				1 EA 2% MILK	
1 EA 2% MILK		1 EA 2% MILK											
CALORIES	688	CALORIES	695	CALORIES	769	CALORIES	757	CALORIES	726	CALORIES	735	CALORIES	703
PROTEIN	33	PROTEIN	39	PROTEIN	39	PROTEIN	39	PROTEIN	30	PROTEIN	29	PROTEIN	39
FAT%	25%	FAT%	20%	FAT%	29%	FAT%	15%	FAT%	25%	FAT%	26%	FAT%	33%
SODIUM	973	SODIUM	943	SODIUM	1250	SODIUM	1011	SODIUM	868	SODIUM	1005	SODIUM	1032
FIBER	14	FIBER	9.1	FIBER	12	FIBER	6	FIBER	5	FIBER	8	FIBER	5.8
VITAMIN A	755	VITAMIN A	333	VITAMIN A	336	VITAMIN A	333	VITAMIN	453	VITAMIN A	634	VITAMIN A	962



WEEK 11

EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 15 to MARCH 21, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MARCH 15, 2021		MARCH 16, 2021		MARCH 17, 2021		MARCH 18, 2021		MARCH 19, 2021		MARCH 20, 2021		MARCH 21, 2021	
MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU	
6 OZ. CHICKEN SAUSAGE STEW		1 EA PORK CHOP w/GRAVY		6 OZ. BRAISED BEEF		1 EA. CHICKEN CACCIATORE		1 EA BARBECUE BEEF PATTY		3 OZ. BAKED FISH		4 OZ. MEAT SAUCE	
4 OZ. WHITE RICE		4 OZ. RICE PILAF		4 OZ. BROWN RICE		4 OZ. SCALLOPED POTATOES		4 OZ. BAKED BEANS		4 OZ. MASHED POTATOES		4 OZ. SPAGHETTI	
4 OZ. CREAMY SWEET POTATOES		4 OZ. GREEN BEANS		4 OZ. BABY CARROTS		1 SLI. WHEAT BREAD		4 OZ. CORN		4 OZ. BROCCOLI FLORETS		4 OZ. ITALIAN GREEN BEANS	
1 EA. WHEAT BREAD		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		4 OZ. OKRA		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		4 OZ. YELLOW SQUASH	
4 OZ. FRUIT		4 OZ. FRUIT		4 OZ. FRUIT		1 EA. WHEAT BREAD		1 EA SNACK		1 EA 2% MILK		1 SLI WHEAT BREAD	
1 EA SNACK		1 EA SNACK		1 EA SNACK		1 EA SNACK		1 EA 2% MILK				1 EA 2% MILK	
1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK							
CALORIES	1087	CALORIES	687	CALORIES	756	CALORIES	771	CALORIES	993	CALORIES	695	CALORIES	689
PROTEIN	29	PROTEIN	26	PROTEIN	27	PROTEIN	34	PROTEIN	30	PROTEIN	31.6	PROTEIN	32.2
FAT%	30%	FAT%	18%	FAT%	21%	FAT%	22%	FAT%	35%	FAT%	31%	FAT%	27%
SODIUM	1052	SODIUM	956	SODIUM	1204	SODIUM	1092	SODIUM	1085	SODIUM	1017	SODIUM	1205
FIBER	10	FIBER	9	FIBER	11	FIBER	9	FIBER	13	FIBER	4	FIBER	10
VITAMIN A	320	VITAMIN A	485	VITAMIN A	429	VITAMIN A	380	VITAMIN A	657	VITAMIN A	462	VITAMIN A	401



WEEK 12

EBR COA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 22 to MARCH 28, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH 22, 2021	MARCH 23, 2021	MARCH 24, 2021	MARCH 25, 2021	MARCH 26, 2021	MARCH 27, 2021	MARCH 28, 2021
MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU	MEALS ON WHEELS MENU
6 OZ. WHITE BEANS AND SMOKED SAUSAGE 4 OZ. BROWN RICE 4 OZ. GREENS 1 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	6 OZ. CHICKEN SPAGHETTI 4 OZ. ITALIAN MIXED VEGETABLE 4 OZ. PEAS w/ONIONS 1 EA. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	3 OZ. BAKED HAM 4 OZ. GREEN BEANS 4 OZ. BLACKEYED PEAS 1 SLI. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK	4 OZ. BEEF TERIYAKI 4 OZ. PASTA 4 OZ. MIXED VEGETABLES 1 SLI. WHEAT BREAD 1 EA. SNACK 1 EA. 2% MILK	1 EA. BAKED CHICKEN DRUMSTICK 4 OZ. GREEN PEAS 4 OZ. CORN 1 EA. WHEAT BREAD 1 EA. SNACK 1 EA. 2% MILK	1 EA. SALISBURY STEAK 4 OZ. YELLOW SQUASH 4 OZ. STEAMED RICE 1 SLI. WHEAT BREAD 1 EA. 2% MILK	4 OZ. TURKEY W/TURKEY GRAVY 4 OZ. MASHED POTATOES 4 OZ. LIMA BEANS 1 SLI. WHEAT BREAD 1 EA. 2% MILK
CALORIES 736	CALORIES 701	CALORIES 722	CALORIES 726	CALORIES 692	CALORIES 681	CALORIES 694
PROTEIN 37	PROTEIN 43	PROTEIN 38.3	PROTEIN 31.2	PROTEIN 26	PROTEIN 31	PROTEIN 434
FAT% 27%	FAT% 24%	FAT% 18%	FAT% 33%	FAT% 26%	FAT% 28%	FAT% 26%
SODIUM 1018	SODIUM 1180	SODIUM 1261	SODIUM 1042	SODIUM 624	SODIUM 929	SODIUM 1086
FIBER 14	FIBER 12	FIBER 10	FIBER 11	FIBER 11	FIBER 4	FIBER 11
VITAMIN A 320	VITAMIN A 340	VITAMIN A 490	VITAMIN A 451	VITAMIN 487	VITAMIN A 309	VITAMIN A 311



WEEK 13

EBR COA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 29 to APRIL 4, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MARCH 29, 2021		MARCH 30, 2021		MARCH 31, 2021		APRIL 1, 2021		APRIL 2, 2021		APRIL 3, 2021		APRIL 4, 2021	
MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU		MEALS ON WHEELS MENU	
6 OZ. TACO SOUP		3 OZ. CHICKEN FLORENTINE		6 OZ. CHILI WITH BEANS		3 OZ. CAJUN BAKED FISH		6 OZ. TURKEY STEW		1 EA. BARBECUE BEEF PATTY		1 EA. PORK CHOP	
4 OZ. MIXED VEGETABLES		4 OZ. MASHED POTATOES		4 OZ. BROWN RICE		4 OZ. MASHED POTATOES		4 OZ. MASHED POTATOES		4 OZ. BAKED BEANS		4 OZ. SMOTHERED POTATOES	
4 EA. WHEAT BREAD		4 OZ. GREEN BEANS w/PIMENTOS		4 OZ. BROCCOLI		4 OZ. MIXED VEGETABLES		4 OZ. PRINCE EDWARD BLEND VEGETABLES		4 OZ. SLICED CARROTS		4 OZ. CORN	
4 OZ. FRUIT		1 EA. WHEAT BREAD		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD	
1 EA. SNACK		4 OZ. FRUIT		4 OZ. FRUIT		4 OZ. FRUIT		1 EA. SNACK		1 EA. 2% MILK		1 EA. 2% MILK	
1 EA. 2% MILK		1 SLI. WHEAT BREAD		1 EA. SNACK		1 EA. SNACK		1 EA. 2% MILK					
		1 EA. 2% MILK		1 EA. 2% MILK		1 EA. 2% MILK							
CALORIES	686	CALORIES	604	CALORIES	756	CALORIES	582	CALORIES	724	CALORIES	761	CALORIES	819
PROTEIN	25	PROTEIN	39	PROTEIN	39	PROTEIN	33	PROTEIN	38	PROTEIN	35.4	PROTEIN	39.0
FAT%	14%	FAT%	21%	FAT%	29%	FAT%	18%	FAT%	12%	FAT%	28%	FAT%	21%
SODIUM	1254	SODIUM	844	SODIUM	1034	SODIUM	927	SODIUM	797	SODIUM	1026	SODIUM	886
FIBER	13	FIBER	9	FIBER	11	FIBER	11	FIBER	8	FIBER	15	FIBER	11
VITAMIN A	543	VITAMIN A	352	VITAMIN A	402	VITAMIN A	419	VITAMIN	696	VITAMIN A	369	VITAMIN A	1061