



WEEK 1

EBR COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JULY 5 - 11, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
JULY 5, 2021		JULY 6, 2021		JULY 7, 2021		JULY 8, 2021		JULY 9, 2021		JULY 10, 2021		JULY 11, 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	
8 OZ	WHITE BEANS W/ SAUSAGE	1 EA	BARBECUE CHICKEN	1 EA	SALISBURY STEAK	8 OZ	SPAGHETTI W/ MEAT SAUCE	3 OZ	TUNA CASSEROLE	3 OZ	LEMON BAKED CATFISH	1 EA	BRAISED BONELESS THIGH
4 OZ	WHITE RICE	4 OZ	BAKED BEANS	1 OZ	W/MUSHROOM GRAVY	4 OZ	ITALIAN MIX VEGGIES	4 OZ	GREEN BEANS	4 OZ	BROWN RICE PILAF	4 OZ	SCALLOPED POTATOES
4 OZ	BRUSSEL SPROUTS	4 OZ	FLAME ROASTED CORN	4 OZ	MASHED POTATOES	4 OZ	SQUASH	1 EA	FRESH FRUIT	4 OZ	BRUSSEL SPROUTS	4 OZ	GREEN PEAS
1 EA	CORNBREAD	1 SLI	WHEAT BREAD	4 OZ	BROCCOLI FLORETS	1 SLI	WHEAT BREAD	1 EA	SNACK	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD
1 EA	FRUIT CUP	1 EA	FRESH FRUIT	1 SLI	WHEAT BREAD	1 EA	SNACK	1 EA	2% MILK	1 EA	2% MILK	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								
CALORIES	886	CALORIES	898	CALORIES	579	CALORIES	716	CALORIES	824	CALORIES	518	CALORIES	658
PROTEIN	40	PROTEIN	44	PROTEIN	35	PROTEIN	32	PROTEIN	58	PROTEIN	33	PROTEIN	46
FAT%	36%	FAT%	27%	FAT%	22%	FAT%	18%	FAT%	21%	FAT%	13%	FAT%	21%
SODIUM	987	SODIUM	849	SODIUM	860	SODIUM	632	SODIUM	1053	SODIUM	828	SODIUM	1039
FIBER	14	FIBER	16	FIBER	7	FIBER	9	FIBER	11	FIBER	25	FIBER	13
VITAMIN A	171	VITAMIN A	107	VITAMIN A	159	VITAMIN A	286	VITAMIN A	222	VITAMIN A	500	VITAMIN A	230

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WEEK 2

EBR/COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JULY 12 -18, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JULY 12, 2021	JULY 13, 2021	JULY 14, 2021	JULY 15, 2021	JULY 16, 2021	JULY 17, 2021	JULY 18, 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 SAUSAGE & CHICKEN JAMBALAYA 4 OZ WHITE BEANS 4 OZ PARSLIED CARROTS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ JERK CHICKEN 4 OZ WILD RICE 4 OZ BRUSSEL SPROUTS 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ SMOTHERED PORK CHOP 4 OZ MASHED POTATOES 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA HAMBURGER STEAK 1 OZ GRAVY W/ ONION & PEPPERS 4 OZ BROWN RICE 4 OZ MIXED VEGETABLES 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ PULLED PORK 4 OZ LOADED MASHED POTATOES 4 OZ LIMA BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	4 OZ CHILI W/BEANS 4 OZ RICE 4 OZ CHUCKWAGON CORN 1 SLI WHEAT BREAD 1 EA 2% MILK	1 EA LEMON PEPPER CHICKEN BREAST 4 OZ MASHED POTATOES 4 OZ ITALIAN GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 948	CALORIES 616	CALORIES 819	CALORIES 672	CALORIES 1133	CALORIES 624	CALORIES 400
PROTEIN 42	PROTEIN 39	PROTEIN 40	PROTEIN 34	PROTEIN 49	PROTEIN 29	PROTEIN 36
FAT% 25%	FAT% 14%	FAT% 22%	FAT% 19%	FAT% 43%	FAT% 16%	FAT% 5%
SODIUM 1604	SODIUM 446	SODIUM 524	SODIUM 667	SODIUM 1462	SODIUM 916	SODIUM 321
FIBER 19	FIBER 10	FIBER 10	FIBER 10	FIBER 14	FIBER 11	FIBER 7
VITAMIN A 296	VITAMIN A 181	VITAMIN A 172	VITAMIN A 659	VITAMIN A 119	VITAMIN A 145	VITAMIN A 122

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WEEK 3

EBR/COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MENU JULY 19 – 25, 2021 MENU

MONDAY JULY 19, 2021	TUESDAY JULY 20, 2021	WEDNESDAY JULY 21, 2021	THURSDAY JULY 22, 2021	FRIDAY JULY 23, 2021	SATURDAY JULY 24, 2021	SUNDAY JULY 25, 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
4 OZ BEEF STEW 4 OZ BROWN RICE 4 OZ BROCCOLI FLORETTES 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ SMOTHERED CHICKEN 4 OZ STEAMED RICE 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA SWISS STEAK 4 OZ MASHED POTATOES 4 OZ LIMA BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	8 OZ MEAT SAUCE W/ SPAGHETTI 4 OZ ITALIAN GREEN BEANS 4 OZ CORN 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA BAKED PORK CHOP 4 OZ BAKED BEANS 4 OZ CHEESY CAULIFLOWER 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ BLACKENED CATFISH 4 OZ MASHED SWEET POTATOES 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK	3 OZ HERB BAKED CHICKEN 4 OZ PARMESAN NOODLES 4 OZ GREEN PEAS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 652	CALORIES 781	CALORIES 779	CALORIES 749	CALORIES 910	CALORIES 408	CALORIES 653
PROTEIN 32	PROTEIN 40	PROTEIN 40	PROTEIN 32	PROTEIN 50	PROTEIN 25	PROTEIN 48
FAT% 18%	FAT% 20%	FAT% 21%	FAT% 16%	FAT% 35%	FAT% 9%	FAT% 11%
SODIUM 651	SODIUM 949	SODIUM 782	SODIUM 511	SODIUM 1129	SODIUM 403	SODIUM 504
FIBER 8	FIBER 8	FIBER 15	FIBER 13	FIBER 14	FIBER 8	FIBER 11
VITAMIN A 418	VITAMIN A 133	VITAMIN A 824	VITAMIN A 196	VITAMIN A 849	VITAMIN A 805	VITAMIN A 159

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WEEK 4

EBR COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JULY 26 – AUGUST 1, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
JULY 26, 2021		JULY 27, 2021		JULY 28, 2021		JULY 29, 2021		JULY 30, 2021		JULY 31, 2021		AUGUST 1, 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 & SAUSAGE	6 OZ	CHICKEN STIR FRY	2 EA	HERB ROASTED CHICKEN LEGS	3 OZ	BARBECUE PORK	6 OZ	BEEF STEW	6 OZ	SHRIMP CREOLE	1 EA	ROSEMARY CHICKEN
4 OZ	BROWN RICE	4 OZ	GREEN BEANS	4 OZ	FRIED BROWN RICE	4 OZ	NEW POTATOES	4 OZ	RICE	4 OZ	RICE	4 OZ	BROWN RICE
4 OZ	COLLARD GREENS	4 OZ	MASHED POTATOES	4 OZ	COPPER PENNY CARROTS	1 SLI	WHEAT BREAD	4 OZ	GARDEN MIXED VEGETABLES	4 OZ	SEASONED BROCCOLI	4 OZ	CREAMED SPINACH
1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 EA	SNACK	1 SLI	WHEAT BREAD	4 OZ	ZUCCHINI MEDLEY	1 SLI	WHEAT BREAD
1 EA	SNACK	1 EA	FRESH FRUIT	1 EA	FRESH FRUIT	1 EA	2% MILK	1 EA	FRESH FRUIT	1 SLI	WHEAT BREAD	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								
CALORIES	864	CALORIES	794	CALORIES	949	CALORIES	657	CALORIES	562	CALORIES	389	CALORIES	522
PROTEIN	41	PROTEIN	37	PROTEIN	42	PROTEIN	31	PROTEIN	31	PROTEIN	25	PROTEIN	42
FAT%	32%	FAT%	17%	FAT%	28%	FAT%	18%	FAT%	7%	FAT%	6%	FAT%	15%
SODIUM	438	SODIUM	1018	SODIUM	790	SODIUM	1022	SODIUM	447	SODIUM	854	SODIUM	487
FIBER	16	FIBER	13	FIBER	10.6	FIBER	7	FIBER	9	FIBER	8	FIBER	7
VITAMIN A	893	VITAMIN A	250	VITAMIN A	115	VITAMIN A	446	VITAMIN A	986	VITAMIN A	240	VITAMIN A	115

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WEEK 5

EBR/COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR AUGUST 2 - 8, 2021 MENUS

MONDAY AUGUST 2, 2021	TUESDAY AUGUST 3, 2021	WEDNESDAY AUGUST 4, 2021	THURSDAY AUGUST 5, 2021	FRIDAY AUGUST 6, 2021	SATURDAY AUGUST 7, 2021	SUNDAY AUGUST 8, 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
3 OZ RIB TIPS 1 OZ BARBECUE SAUCE 4 OZ BAKED BEANS 4 OZ CHUCKWAGON CORN 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA CHICKEN BREAST 1 OZ. W/ORANGE GLAZE 4 OZ SCALLOPED POTATOES 4 OZ ORIENTAL BLEND 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	4 OZ BEEF TIPS 4 OZ BROWN RICE 4 OZ GREEN BEANS W/ PEARL ONIONS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ TURKEY CUTLET W/GRAVY 4 OZ MASHED POTATOES 4 OZ GREEN PEAS 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ CHICKEN CACCIATORE 4 OZ PENNE PASTA W/PARSLEY 4 OZ ZUCCHINI 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ BAKED FISH 4 OZ MACARONI AND CHEESE 4 OZ YELLOW SQUASH 1 SLI WHEAT BREAD 1 EA 2% MILK	1 EA MUSHROOM BEEF PATTY 1 OZ W/GRAVY 4 OZ MASHED POTATOES 4 OZ BROCCOLI 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 989	CALORIES 750	CALORIES 547	CALORIES 743	CALORIES 923	CALORIES 450	CALORIES 527
PROTEIN 40	PROTEIN 41	PROTEIN 33	PROTEIN 44	PROTEIN 73	PROTEIN 31	PROTEIN 32
FAT% 25%	FAT% 14%	FAT% 10%	FAT% 19%	FAT% 14%	FAT% 8%	FAT% 23%
SODIUM 1125	SODIUM 781	SODIUM 539	SODIUM 1065	SODIUM 1035	SODIUM 637	SODIUM 702
FIBER 15	FIBER 10	FIBER 7.2	FIBER 11	FIBER 12	FIBER 4	FIBER 8
VITAMIN A 130	VITAMIN A 205	VITAMIN A 758	VITAMIN A 151	VITAMIN A 167	VITAMIN A 182	VITAMIN A 183

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WEEK 6

EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR AUGUST 9 -15, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AUGUST 9, 2021	AUGUST 10, 2021	AUGUST 11, 2021	AUGUST 12, 2021	AUGUST 13, 2021	AUGUST 14, 2021	AUGUST 15, 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
8 OZ WHITE BEANS W/ SAUSAGE 4 OZ WHITE RICE 4 OZ BRUSSEL SPROUTS 1 EA CORNBREAD 1 EA FRUIT CUP 1 EA 2% MILK	1 EA BARBECUE CHICKEN 4 OZ BAKED BEANS 4 OZ FLAME ROASTED CORN 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA SALISBURY STEAK 1 OZ W/MUSHROOM GRAVY 4 OZ MASHED POTATOES 4 OZ BROCCOLI FLORETS 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	8 OZ SPAGHETTI W/ MEAT SAUCE 4 OZ ITALIAN MIX VEGGIES 4 OZ SQUASH 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ TUNA CASSEROLE 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ LEMON BAKED CATFISH 4 OZ BROWN RICE PILAF 4 OZ BRUSSEL SPROUTS 1 SLI WHEAT BREAD 1 EA 2% MILK	1 EA BRAISED BONELESS THIGH 4 OZ SCALLOPED POTATOES 4 OZ GREEN PEAS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 886	CALORIES 898	CALORIES 579	CALORIES 716	CALORIES 824	CALORIES 518	CALORIES 658
PROTEIN 40	PROTEIN 44	PROTEIN 35	PROTEIN 32	PROTEIN 58	PROTEIN 33	PROTEIN 46
FAT% 36%	FAT% 27%	FAT% 22%	FAT% 18%	FAT% 21%	FAT% 13%	FAT% 21%
SODIUM 987	SODIUM 849	SODIUM 860	SODIUM 632	SODIUM 1053	SODIUM 828	SODIUM 1039
FIBER 14	FIBER 16	FIBER 7	FIBER 9	FIBER 11	FIBER 25	FIBER 13
VITAMIN A 171	VITAMIN A 107	VITAMIN A 159	VITAMIN A 286	VITAMIN A 222	VITAMIN A 500	VITAMIN A 230

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WEEK 7

EBR COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR AUGUST 16 - 22, 2021 MENU

MONDAY AUGUST 16, 2021		TUESDAY AUGUST 17, 2021		WEDNESDAY AUGUST 18, 2021		THURSDAY AUGUST 19, 2021		FRIDAY AUGUST 20, 2021		SATURDAY AUGUST 21, 2021		SUNDAY AUGUST 22, 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 SAUSAGE & CHICKEN JAMBALAYA		3 OZ JERK CHICKEN 4 OZ WILD RICE		3 OZ SMOTHERED PORK CHOP		1 EA HAMBURGER STEAK 1 OZ GRAVY W/ ONION & PEPPERS		3 OZ PULLED PORK 4 OZ LOADED MASHED POTATOES		4 OZ CHILI W/BEANS 4 OZ RICE		1 EA LEMON PEPPER CHICKEN BREAST	
4 OZ WHITE BEANS 4 OZ PARSLIED CARROTS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK		4 OZ BRUSSEL SPROUTS 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK		4 OZ MASHED POTATOES 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK		4 OZ BROWN RICE 4 OZ MIXED VEGETABLES 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK		4 OZ LIMA BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK		4 OZ CHUCKWAGON CORN 1 SLI WHEAT BREAD 1 EA 2% MILK		4 OZ MASHED POTATOES 4 OZ ITALIAN GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK	
CALORIES	948	CALORIES	616	CALORIES	819	CALORIES	672	CALORIES	1133	CALORIES	624	CALORIES	400
PROTEIN	42	PROTEIN	39	PROTEIN	40	PROTEIN	34	PROTEIN	49	PROTEIN	29	PROTEIN	36
FAT%	25%	FAT%	14%	FAT%	22%	FAT%	19%	FAT%	43%	FAT%	16%	FAT%	5%
SODIUM	1604	SODIUM	446	SODIUM	524	SODIUM	667	SODIUM	1462	SODIUM	916	SODIUM	321
FIBER	19	FIBER	10	FIBER	10	FIBER	10	FIBER	14	FIBER	11	FIBER	7
VITAMIN A	296	VITAMIN A	181	VITAMIN A	172	VITAMIN A	659	VITAMIN A	119	VITAMIN A	145	VITAMIN A	122

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WEEK 8

EBR COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MENU AUGUST 23 - 29, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AUGUST 23, 2021	AUGUST 24, 2021	AUGUST 25, 2021	AUGUST 26, 2021	AUGUST 27, 2021	AUGUST 28, 2021	AUGUST 29, 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
4 OZ BEEF STEW 4 OZ BROWN RICE 4 OZ BROCCOLI FLORETTES 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ SMOTHERED CHICKEN 4 OZ STEAMED RICE 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA SWISS STEAK 4 OZ MASHED POTATOES 4 OZ LIMA BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	8 OZ MEAT SAUCE W/ SPAGHETTI 4 OZ ITALIAN GREEN BEANS 4 OZ CORN 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA BAKED PORK CHOP 4 OZ BAKED BEANS 4 OZ CHEESY CAULIFLOWER 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ BLACKENED CATFISH 4 OZ MASHED SWEET POTATOES 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK	3 OZ HERB BAKED CHICKEN 4 OZ PARMESAN NOODLES 4 OZ GREEN PEAS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 652	CALORIES 781	CALORIES 779	CALORIES 749	CALORIES 910	CALORIES 408	CALORIES 653
PROTEIN 32	PROTEIN 40	PROTEIN 40	PROTEIN 32	PROTEIN 50	PROTEIN 25	PROTEIN 48
FAT% 18%	FAT% 20%	FAT% 21%	FAT% 16%	FAT% 35%	FAT% 9%	FAT% 11%
SODIUM 651	SODIUM 949	SODIUM 782	SODIUM 511	SODIUM 1129	SODIUM 403	SODIUM 504
FIBER 8	FIBER 8	FIBER 15	FIBER 13	FIBER 14	FIBER 8	FIBER 11
VITAMIN A 418	VITAMIN A 133	VITAMIN A 824	VITAMIN A 196	VITAMIN A 849	VITAMIN A 805	VITAMIN A 159

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WEEK 9

EBR COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR AUGUST 30 – SEPTEMBER 5, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AUGUST 30, 2021	AUGUST 31, 2021	SEPTEMBER 1, 2021	SEPTEMBER 2, 2021	SEPTEMBER 3, 2021	SEPTEMBER 4, 2021	SEPTEMBER 5, 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 & SAUSAGE 4 OZ BROWN RICE 4 OZ COLLARD GREENS 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	6 OZ CHICKEN STIR FRY 4 OZ GREEN BEANS 4 OZ MASHED POTATOES 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	2 EA HERB ROASTED CHICKEN LEGS 4 OZ FRIED BROWN RICE 4 OZ COPPER PENNY CARROTS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ BARBECUE PORK 4 OZ NEW POTATOES 4 OZ CAPRI MIX VEG 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	6 OZ BEEF STEW 4 OZ RICE 4 OZ GARDEN MIXED VEGETABLES 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ SHRIMP CREOLE 4 OZ RICE 4 OZ SEASONED BROCCOLI 4 OZ ZUCCHINI MEDLEY 1 SLI WHEAT BREAD 1 EA 2% MILK	1 EA ROSEMARY CHICKEN 4 OZ BROWN RICE 4 OZ CREAMED SPINACH 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 864	CALORIES 794	CALORIES 949	CALORIES 657	CALORIES 562	CALORIES 389	CALORIES 522
PROTEIN 41	PROTEIN 37	PROTEIN 42	PROTEIN 31	PROTEIN 31	PROTEIN 25	PROTEIN 42
FAT% 32%	FAT% 17%	FAT% 28%	FAT% 18%	FAT% 7%	FAT% 6%	FAT% 15%
SODIUM 438	SODIUM 1018	SODIUM 790	SODIUM 1022	SODIUM 447	SODIUM 854	SODIUM 487
FIBER 16	FIBER 13	FIBER 10.6	FIBER 7	FIBER 9	FIBER 8	FIBER 7
VITAMIN A 893	VITAMIN A 250	VITAMIN A 115	VITAMIN A 446	VITAMIN A 986	VITAMIN A 240	VITAMIN A 115

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WEEK 10

EBR/COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR SEPTEMBER 6 - 12, 2021 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SEPTEMBER 6, 2021	SEPTEMBER 7, 2021	SEPTEMBER 8, 2021	SEPTEMBER 9, 2021	SEPTEMBER 10, 2021	SEPTEMBER 11, 2021	SEPTEMBER 12, 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
3 OZ RIB TIPS 1 OZ BARBECUE SAUCE 4 OZ BAKED BEANS 4 OZ CHUCKWAGON CORN 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA CHICKEN BREAST 1 OZ. W/ORANGE GLAZE 4 OZ SCALLOPED POTATOES 4 OZ ORIENTAL BLEND 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	4 OZ BEEF TIPS 4 OZ BROWN RICE 4 OZ GREEN BEANS W/ PEARL ONIONS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ TURKEY CUTLET W/GRAVY 4 OZ MASHED POTATOES 4 OZ GREEN PEAS 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ CHICKEN CACCIATORE 4 OZ PENNE PASTA W/PARSLEY 4 OZ ZUCCHINI 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ BAKED FISH 4 OZ MACARONI AND CHEESE 4 OZ YELLOW SQUASH 1 SLI WHEAT BREAD 1 EA 2% MILK	1 EA MUSHROOM BEEF PATTY 1 OZ W/GRAVY 4 OZ MASHED POTATOES 4 OZ BROCCOLI 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 989	CALORIES 750	CALORIES 547	CALORIES 743	CALORIES 923	CALORIES 450	CALORIES 527
PROTEIN 40	PROTEIN 41	PROTEIN 33	PROTEIN 44	PROTEIN 73	PROTEIN 31	PROTEIN 32
FAT% 25%	FAT% 14%	FAT% 10%	FAT% 19%	FAT% 14%	FAT% 8%	FAT% 23%
SODIUM 1125	SODIUM 781	SODIUM 539	SODIUM 1065	SODIUM 1035	SODIUM 637	SODIUM 702
FIBER 15	FIBER 10	FIBER 7.2	FIBER 11	FIBER 12	FIBER 4	FIBER 8
VITAMIN A 130	VITAMIN A 205	VITAMIN A 758	VITAMIN A 151	VITAMIN A 167	VITAMIN A 182	VITAMIN A 183

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WEEK 11

EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR SEPTEMBER 13 - 19, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SEPTEMBER 13, 2021	SEPTEMBER 14, 2021	SEPTEMBER 15, 2021	SEPTEMBER 16, 2021	SEPTEMBER 17, 2021	SEPTEMBER 18, 2021	SEPTEMBER 19, 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
8 OZ WHITE BEANS W/ SAUSAGE 4 OZ WHITE RICE 4 OZ BRUSSEL SPROUTS 1 EA CORNBREAD 1 EA FRUIT CUP 1 EA 2% MILK	1 EA BARBECUE CHICKEN 4 OZ BAKED BEANS 4 OZ FLAME ROASTED CORN 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA SALISBURY STEAK 1 OZ W/MUSHROOM GRAVY 4 OZ MASHED POTATOES 4 OZ BROCCOLI FLORETS 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	8 OZ SPAGHETTI W/ MEAT SAUCE 4 OZ ITALIAN MIX VEGGIES 4 OZ SQUASH 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ TUNA CASSEROLE 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ LEMON BAKED CATFISH 4 OZ BROWN RICE PILAF 4 OZ BRUSSEL SPROUTS 1 SLI WHEAT BREAD 1 EA 2% MILK	1 EA BRAISED BONELESS THIGH 4 OZ SCALLOPED POTATOES 4 OZ GREEN PEAS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 886	CALORIES 898	CALORIES 579	CALORIES 716	CALORIES 824	CALORIES 518	CALORIES 658
PROTEIN 40	PROTEIN 44	PROTEIN 35	PROTEIN 32	PROTEIN 58	PROTEIN 33	PROTEIN 46
FAT% 36%	FAT% 27%	FAT% 22%	FAT% 18%	FAT% 21%	FAT% 13%	FAT% 21%
SODIUM 987	SODIUM 849	SODIUM 860	SODIUM 632	SODIUM 1053	SODIUM 828	SODIUM 1039
FIBER 14	FIBER 16	FIBER 7	FIBER 9	FIBER 11	FIBER 25	FIBER 13
VITAMIN A 171	VITAMIN A 107	VITAMIN A 159	VITAMIN A 286	VITAMIN A 222	VITAMIN A 500	VITAMIN A 230

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WEEK 12

EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR SEPTEMBER 20 - 26, 2021 MENU

MONDAY SEPTEMBER 20, 2021		TUESDAY SEPTEMBER 21, 2021		WEDNESDAY SEPTEMBER 22, 2021		THURSDAY SEPTEMBER 23, 2021		FRIDAY SEPTEMBER 24, 2021		SATURDAY SEPTEMBER 25, 2021		SUNDAY SEPTEMBER 26, 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 SAUSAGE & CHICKEN JAMBALAYA 4 OZ WHITE BEANS 4 OZ PARSLIED CARROTS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK		3 OZ JERK CHICKEN 4 OZ WILD RICE 4 OZ BRUSSEL SPROUTS 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK		3 OZ SMOTHERED PORK CHOP 4 OZ MASHED POTATOES 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK		1 EA HAMBURGER STEAK 1 OZ GRAVY W/ ONION & PEPPERS 4 OZ BROWN RICE 4 OZ MIXED VEGETABLES 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK		3 OZ PULLED PORK 4 OZ LOADED MASHED POTATOES 4 OZ LIMA BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK		4 OZ CHILI W/BEANS 4 OZ RICE 4 OZ CHUCKWAGON CORN 1 SLI WHEAT BREAD 1 EA 2% MILK		1 EA LEMON PEPPER CHICKEN BREAST 4 OZ MASHED POTATOES 4 OZ ITALIAN GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK	
CALORIES	948	CALORIES	616	CALORIES	819	CALORIES	672	CALORIES	1133	CALORIES	624	CALORIES	400
PROTEIN	42	PROTEIN	39	PROTEIN	40	PROTEIN	34	PROTEIN	49	PROTEIN	29	PROTEIN	36
FAT%	25%	FAT%	14%	FAT%	22%	FAT%	19%	FAT%	43%	FAT%	16%	FAT%	5%
SODIUM	1604	SODIUM	446	SODIUM	524	SODIUM	667	SODIUM	1462	SODIUM	916	SODIUM	321
FIBER	19	FIBER	10	FIBER	10	FIBER	10	FIBER	14	FIBER	11	FIBER	7
VITAMIN A	296	VITAMIN A	181	VITAMIN A	172	VITAMIN A	659	VITAMIN A	119	VITAMIN A	145	VITAMIN A	122

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WEEK 13

EBR/COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MENU SEPTEMBER 27 – OCTOBER 3, 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SEPTEMBER 27, 2021	SEPTEMBER 28, 2021	SEPTEMBER 29, 2021	SEPTEMBER 30, 2021	OCTOBER 1, 2021	OCTOBER 2, 2021	OCTOBER 3, 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
4 OZ BEEF STEW 4 OZ BROWN RICE 4 OZ BROCCOLI FLORETTES 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ SMOTHERED CHICKEN 4 OZ STEAMED RICE 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA SWISS STEAK 4 OZ MASHED POTATOES 4 OZ LIMA BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	8 OZ MEAT SAUCE W/ SPAGHETTI 4 OZ ITALIAN GREEN BEANS 4 OZ CORN 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA BAKED PORK CHOP 4 OZ BAKED BEANS 4 OZ CHEESY CAULIFLOWER 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ BLACKENED CATFISH 4 OZ MASHED SWEET POTATOES 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK	3 OZ HERB BAKED CHICKEN 4 OZ PARMESAN NOODLES 4 OZ GREEN PEAS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 652	CALORIES 781	CALORIES 779	CALORIES 749	CALORIES 910	CALORIES 408	CALORIES 653
PROTEIN 32	PROTEIN 40	PROTEIN 40	PROTEIN 32	PROTEIN 50	PROTEIN 25	PROTEIN 48
FAT% 18%	FAT% 20%	FAT% 21%	FAT% 16%	FAT% 35%	FAT% 9%	FAT% 11%
SODIUM 651	SODIUM 949	SODIUM 782	SODIUM 511	SODIUM 1129	SODIUM 403	SODIUM 504
FIBER 8	FIBER 8	FIBER 15	FIBER 13	FIBER 14	FIBER 8	FIBER 11
VITAMIN A 418	VITAMIN A 133	VITAMIN A 824	VITAMIN A 196	VITAMIN A 849	VITAMIN A 805	VITAMIN A 159

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