



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR APRIL 11-15, 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
APRIL 11, 2022	APRIL 12, 2022	APRIL 13, 2022	APRIL 14, 2022	APRIL 15, 2022	
LUNCH	LUNCH	* LUNCH	LUNCH	LUNCH	
6 OZ SAUSAGE & CHICKEN	3 OZ JERK CHICKEN	1 EA SMOTHERED	1 EA HAMBURGER STEAK	3 OZ BEEF SAUSAGE POBOY	
JAMBALAYA	4 OZ WILD RICE	PORK CHOP	1 OZ GRAVY W/ONION	4 OZ COLESLAW	
4 OZ WHITE BEANS	4 OZ BRUSSEL SPROUTS	4 OZ MASHED POTATOES	& PEPPER GRAVY	4 OZ PEACHES	
4 OZ PARSLIED CARROTS	1 EA WHEAT BREAD	4 OZ GREEN BEANS	4 OZ BROWN RICE	1 SLI WHEAT BREAD	
1 SLI WHEAT BREAD	4 OZ APPLESAUCE	1 EA WHEAT ROLL	4 OZ MIXED VEGETABLES	2 EA CHOCOLATE CHIPS	
1 SLI LEMON CAKE	1 EA LEMON SQUARES	4 OZ APPLE COBBLER	1 SLI WHEAT BREAD	COOKIES	
1 EA 2% MILK	1 EA 2% MILK	1 EA 2% MILK	4 OZ DICED PEARS	1 EA 2% MILK	
			1 PC YELLOW CAKE		
			1 EA 2% MILK		
Control of the Contro					
CALORIES 896	CALORIES 630	CALORIES 788	CALORIES 737	CALORIES 701	
PROTEIN 42	PROTEIN 34	PROTEIN 38	PROTEIN 35	PROTEIN 46	
FAT% 25%	FAT% 13%	FAT% 26%	FAT% 19%	FAT% 62%	
SODIUM 1603	SODIUM 430	SODIUM 574	SODIUM 672	SODIUM 2827	
FIBER 17	FIBER 9	FIBER 8	FIBER 13	FIBER 17	
VITAMIN A 587	VITAMIN A 780	VITAMIN A 853	VITAMIN A 603	VITAMIN A 655	

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louisiana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided.

*Menu Items subject to change due to availability.





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU APRIL 18-22, 2022, MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
APRIL 18, 2022	APRIL 19, 2022	APRIL 20, 2022	APRIL 21, 2022	APRIL 22, 2022		
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
6 OZ BEEF STEW 4 OZ BROWN RICE 4 OZ BROCCOLI FLORETS 1 SLI WHEAT BREAD 4 OZ SLICED PEACHES 1 PC STRAWBERRY CAKE 1 EA 2% MILK	3 OZ CHICKEN MARSALA 4 OZ BROWN RICE PILAF 4 OZ CARROTS 1 SLI WHEAT ROLL 4 OZ FRUIT COCKTAIL 2 EA SUGAR COOKIES 1 EA 2% MILK	1 EA TUNA SALAD SANDWICH 4 OZ BAKED CHIPS 1 EA LETTUCE & TOMATO 4 OZ TROPICAL FRUIT 2 EA PEANUT BUTTER COOKIES 1 EA 2% MILK	8 OZ CHICKEN ALFREDO 4 OZ ITALIAN GREEN BEANS 4 OZ GREEN SALAD 1 SLI GARLIC BREAD 4 OZ BAKED APPLES 1 EA 2% MILK	3 OZ. CATFISH 4 OZ FRENCH FRIES 4 OZ TURNIP GREENS 1 SLI WHEAT BREAD 1 PC YELLOW CAKE 1 EA 2% MILK		
CALORIES 702	CALORIES					
702	CALORIES 771	CALORIES 886	CALORIES 898	CALORIES 551		
PROTEIN 33	PROTEIN 44	PROTEIN 34	PROTEIN 35	PROTEIN 32		
FAT% 6%	FAT% 17%	FAT% 28%	FAT% 42%	FAT% 16%		
SODIUM 623	SODIUM 1169	SODIUM 1011	SODIUM 2082	SODIUM 941		
FIBER 8	FIBER 8	FIBER 11	FIBER 10	FIBER 7		
*The sodium content in the meals provide	VITAMIN A 415	VITAMIN A 658	VITAMIN A 519	VITAMIN A 725		

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louislana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided.

*Menu Items subject to change due to availability.





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR APRIL 25 – APRIL 29, 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APRIL 25, 2022	APRIL 26, 2022	APRIL 27, 2022	APRIL 28, 2022	APRIL 29, 2022
LUNCH	LUNCH .	LUNCH 4 44	LUNCH LUNCH	LUNCH
3 OZ. GRILLED CHICKEN 4 OZ. WILD RICE 4 OZ. WHOLE GREEN BEANS 1 EA WHEAT ROLL 1 EA ICE CREAM 1 EA 2% MILK	8 OZ SPAGHETTI W/ MEATBALLS 4 OZ SQUASH 4 OZ ITALIAN MIXED VEGETALBES 1 EA WHEAT ROLL 1 PC CHOCOLATE CAKE 1 EA 2% MILK	1 EA CHICKEN FRIED STEAK w/GRAVY 4 OZ MASHED POTATOES 4 OZ BROCCOLI SALAD 1 SLI WHEAT BREAD 1 EA RICE KRISPY TREAT 1 EA 2% MILK	4 OZ. BBQ PULLED PORK 4 OZ. POTATO SALAD 4 OZ. BUTTERED CORN 1 SLI WHEAT BREAD 1 PC LEMON PIE 1 EA 2% MILK	1 EA BLT SANDWICH 1 OZ POTATO CHIPS 4 OZ CARROT STICKS 2 SLI WHEAT BREAD 4 OZ FRESH FRUIT CUP 1 SL BLONDE BROWNIE 1 EA 2% MILK
CALORIES 897	CALORIES 718	CALORIES 652	CALORIES 897	CALORIES 711
PROTEIN 41	PROTEIN 31	PROTEIN 36	PROTEIN 41	PROTEIN 41
FAT% 24%	FAT% 20%	FAT% 22%	FAT% 24%	FAT% 11%
SODIUM 1195	SODIUM 472	SODIUM 667	SODIUM 1195	SODIUM 511
FIBER 17	FIBER 10	FIBER 11	FIBER 17	FIBER 7
VITAMIN A 340	VITAMIN A 514	VITAMIN A 672	VITAMIN A 340	VITAMIN A 490

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louisiana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided. *Menu items subject to change due to availability.





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU MAY 2 - 6, 2022 MENU

	MONDAY TUESDAY MAY 2, 2022 MAY 3, 2022			WEDNESDAY MAY 4, 2022			T	THURSDA MAY 5, 20		I	FRIDAY MAY 6, 20	
	LUNCH	LUNCH			LU	NCH		LUNCH			LUNCH	TO CONTRACT CONTRACT SAND ON MICH.
4 OZ 4 OZ 1 EA 1 EA 4 OZ	WHITE BEANS & SAUSAGE BROWN RICE COLLARD GREENS CORNBREAD BANANA APPLE CRISP 2% MILK	6 OZ CHICKEN P 4 OZ GREEN BEA 4 OZ MASHED P 1 EA WHEAT RO 4 OZ PEACH COE 1 EA 2% MILK	ANS OTATOES LL	3 OZ 4 OZ 4 OZ 1 SLI 4 OZ 2 EA 1 EA	WHEAT PINEAP	etti Red Carrots Bread Ple Chunks Al Cookies	3 OZ 4 OZ 4 OZ 1 SLI 1 EA 1 PC 1 EA	BARBECU CHICKEN NEW POT CAPRI MIX WHEAT BE FRUIT APPLESAU 2% MILK	E PULLED ATOES K VEG READ	1 EA 4 OZ 1 EA 1 EA 1 EA 1 EA 1 EA	CHEESEBUF BAKED BEA LETTUCE & WHEAT BU FRESH FRU BROWNIE 2% MILK	RGER INS TOMATO N
CALORII	ES 819	CALORIES	725	CALO	RIFS	1034	CALO	DIEC	655	CALOR	IEC	077
PROTEI		PROTEIN	51	PROTE		41	PROT		40	CALOR PROTE		877 40
FAT%	27%	FAT%	13%	FAT%		25%	FAT%		21%	FAT%	IIN	27%
SODIUN	1 1153	SODIUM	1013	SODIU	M	967	SODIL		575	SODIU	M	1506
FIBER	14	FIBER	13	FIBER		12	FIBER		7	FIBER		14
*The sodium	N A 475	VITAMIN A	241	VITAN		471	VITAN	IIN A	393	VITAM	IN A	646

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louisiana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided.

*Menu items subject to change due to availability.





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU MAY 9 - 13, 2022 MENU

	MONDAY TUESDAY MAY 9, 2022 MAY 10, 2022			WEDNESDAY			THURSDAY			FRIDAY		
	TOTAL TOTAL CONTROL OF THE PART OF THE PAR	200 Care of the Ca	MAY 10, 2022	MAY 11, 2022			MAY 12, 2022				MAY 13, 2022	
	LUNCH		LUNCH		LUNCH			LUNCH		10.45	LUNC	H
3 OZ	BEEF SAUSAGE	1 EA	BOURBON CHICKEN	4 OZ	SALISBURY ST	EAK	6 OZ	TURKEY C	UTLETS	1 EA	TUNA SAL	AD
1-OZ	PEPPERS AND ONIONS		THIGHS	4 OZ	BROWN RICE		4 OZ	MASHED			SANDWIC	H I
4 OZ	BAKED BEANS	4 OZ	SCALLOPED POTATOES	4 OZ	GREEN BEANS			POTATOE		1 OZ	POTATO C	
4 OZ	CHUCKWAGON CORN	The contract	CALIFORNIA BLEND		W/PEARL ONI		4 OZ	GREEN P		1 EA		k TOMATO
1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD		1 EA	WHEAT R		4 EA	ORANGE S	
1 EA	BANANA PUDDING	4 OZ	PEACH CRISP	4 OZ	APPLESAUCE		2 EA	PEANUT		1 EA	BROWNIE	
1 PC	FRUIT	1 EA	2% MILK	1 PC			ZLA					
1 EA	2% MILK	1	270 WILK		YELLOW CAKE		4 = 4	COOKIES		1 EA	2% MILK	
				1 EA	2% MILK		1 EA	2% MILK	1			
CALOR		CALORIE	S 672	CALOF	RIES 66:	l.	CALOR	RIES	664	CALOF	RIES	787
PROTE	IN 40	PROTEIN	41	PROTE	EIN 32		PROTE	IN .	59	PROTE	IN	36
FAT%	43%	FAT%	10%	FAT%	109	6	FAT%	(2010)	12%	FAT%	37	30%
SODIU	M 1704	SODIUM	840	SODIU			SODIU		706	SODIL	IM	798
FIBER	14	FIBER	11	FIBER			FIBER		11	FIBER	· 1 ¥ 1	11
VITAM	IN A 100	VITAMIN		VITAN							AINI A	
	m content in the meals provided by	ALL MARK PROPERTY.					VITAM		204	VITAN	TIN A	337

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louisiana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided. *Menu items subject to change due to availability.





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MAY 16 - 20, 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
MAY 16, 2022	7 10711 25, 2022			MAY 20, 2022		
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
8 OZ SPAGHETTI	1 EA HERB ROASTED CHICKEN	1 EA GRAVY STEAK	1 EA PULLED PORK	6 OZ SAUSAGE		
w/ MEAT SAUCE	4 OZ MACARONI & CHEESE	4 OZ MASHED POTATOES	SANDWICH	4 OZ RED BEANS AND RICE		
4 OZ SQUASH	4 OZ FLAME ROASTED CORN	4 OZ BROCCOLI FLORETS	1 OZ BAKED BEANS	4 OZ. SEASONED GREENS		
4 OZ ITALIAN MIXED VEG	1 SLI WHEAT BREAD	1 SLI WHEAT BREAD	1 EA LETTUCE & TOMATO	4 OZ. CORNBREAD		
1 EA WHEAT ROLL	4 OZ BANANA PUDDING	1 EA RICE KRISPY TREAT	2 SLI WHEAT BREAD	1 SLI LEMON CAKE		
1 PC CHOCOLATE CAKE	1 EA 2% MILK	1 EA 2% MILK	4 OZ FRUIT COCKTAIL	1 EA 2% MILK		
1 EA 2% MILK		2000 Cardon II	1 SL BLONDE BROWNIE	Z Z/V WIEK		
			1 EA 2% MILK			
			Z EX EXCIVILE			
CALORIES 718	CALORIES 801	CALORIES 652	CALORIES 711	CALORIES 897		
PROTEIN 31	PROTEIN 46	PROTEIN 36	PROTEIN 41	PROTEIN 41		
FAT% 20%	FAT% 28%	FAT% 22%	FAT% 11%	FAT% 24%		
SODIUM 472	SODIUM 988	SODIUM 667	SODIUM 511	SODIUM 1195		
FIBER 10	FIBER 14	FIBER 11	FIBER 7	FIBER 17		
VITAMIN A 514	VITAMIN A 478	VITAMIN A 672	VITAMIN A 490	VITAMIN A 340		

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louisiana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided.

*Menu items subject to change due to availability.





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MAY 23 – 27, 2022, MENU

MONDAY TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			
MAY 23, 20	NOT COMPANY AND ADDRESS OF THE PARK OF THE	MA	Y 24, 2022	MAY 25, 2022			MAY 26, 2022			MAY 27, 2022		
LUNCH			LUNCH		LUNCH		200	LUNCH			LUNC	Н
6 OZ SAUSAGE & JAMBALAYA 4 OZ WHITE BEAN 4 OZ PARSLIED CA 1 SLI WHEAT BREA 1 SLI LEMON CAKE 1 EA 2% MILK	A NS ARROTS AD	4 OZ WILD 4 OZ BRUS 1 EA WHEA 4 OZ APPLI	SEL SPROUTS AT BREAD ESAUCE IN SQUARES	1 EA 4 OZ 4 OZ 1 EA 4 OZ 1 EA	SMOTHERE PORK CHO MASHED P GREEN BEA WHEAT RO APPLE COB 2% MILK	OTATOES ANS LL	2 EA 4 OZ 4 OZ 4 OZ 4 OZ 1 PC 1 EA	SOFT BEEF TA TACO TRIMM SPANISH RICE REFRIED BEA DICED PEARS YELLOW CAK 2% MILK	IINGS E .NS	3 OZ 4 OZ 4 OZ 1 SLI 2 EA		AGE POBOY V READ
	896	CALORIES	630	CALOF	RIES	788	CALO	RIES	863	CALOR	IES	701
	42	PROTEIN	34	PROTE	IN	38	PROTE	EIN	27	PROTE	IN	46
FAT%	25%	FAT%	13%	FAT%		26%	FAT%		31%	FAT%		62%
SODIUM 1	1603	SODIUM	430	SODIU	IM	574	SODIL		834	SODIU	M	2827
FIBER 1	L7	FIBER	9	FIBER		8	FIBER		11	FIBER		17
VITAMIN A 5	87	VITAMIN A	780	VITAN	IIN A	853	VITAN	1IN A	431	VITAN	IIN A	655

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louisiana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided.

*Menu items subject to change due to availability.





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU MAY 30 – JUNE 3, 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
MAY 30, 2022	MAY 31, 2022	JUNE 1, 2022	JUNE 2, 2022	JUNE 3, 2022		
LUNCH	LUNCH	LUNCH .	LUNCH	EUNCH		
6 OZ BEEF STEW 4 OZ BROWN RICE	3 OZ CHICKEN MARSALA 4 OZ BROWN RICE PILAF	3 OZ. CATFISH 4 OZ FRENCH FRIES	8 OZ CHICKEN ALFREDO 4 OZ ITALIAN GREEN	1 EA TUNA SALAD SANDWICH		
4 OZ BROCCOLI FLORETS 1 SLI WHEAT BREAD	4 OZ CARROTS	4 OZ TURNIP GREENS	BEANS	4 OZ BAKED CHIPS		
4 OZ SLICED PEACHES	1 SLI WHEAT ROLL 4 OZ FRUIT COCKTAIL	1 SLI WHEAT BREAD 1 PC YELLOW CAKE	4 OZ GREEN SALAD 1 SLI GARLIC BREAD	1 EA LETTUCE & TOMATO 4 OZ TROPICAL FRUIT		
1 PC STRAWBERRY CAKE 1 EA 2% MILK	2 EA SUGAR COOKIES 1 EA 2% MILK	1 EA 2% MILK	4 OZ BAKED APPLES	2 EA PEANUT BUTTER		
Z Z/V Z/V WILK	TEA 2% WILK		1 EA 2% MILK	COOKIES 1 EA 2% MILK		
CALORIES 702	CALORIES 771	CALORIES 551	CALORIES 898	CALORIES 886		
PROTEIN 33	PROTEIN 44	PROTEIN 32	PROTEIN 35	PROTEIN 34		
FAT% 6%	FAT% 17%	FAT% 16%	FAT% 42%	FAT% 28%		
SODIUM 623	SODIUM 1169	SODIUM 941	SODIUM 2082	SODIUM 1011		
FIBER 8	FIBER 8	FIBER 7	FIBER 10	FIBER 11		
*The sodium content in the meals provided by	VITAMIN A 415	VITAMIN A 725	VITAMIN A 519	VITAMIN A 658		

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louisiana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided.

*Menu items subject to change due to availability.





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU JUNE 6 - 10, 2022 MENU

	MONDAY TUESDAY			WEDNESDAY				THURSI	DAY	FRIDAY		
JU	JNE 6, 2022	JUN	E 7, 2022	JUNE 8, 2022			JUNE 9, 2022			JUNE 10, 2022		
	LUNCH	to comment of a function of the property of the contract of th	UNCH			UNCH		EUNE	H		LUA	ICH .
SAU 4 OZ BRC 4 OZ COL 1 EA COR 1 EA BAN 4 OZ APP	IITE BEANS & USAGE DWN RICE LLARD GREENS RNBREAD IANA PLE CRISP MILK	4 OZ GREE 4 OZ MAS 1 EA WHE	KEN POT PIE IN BEANS HED POTATOES AT ROLL H COBBLER IILK	2 EA 4 OZ 4 OZ 1 SLI 4 OZ 2 EA 1 EA	CHICI FRIED COPF CARR WHE	D BROWN RICE PER PENNY OTS AT BREAD APPLE CHUNKS MEAL COOKIES	3 OZ 4 OZ 4 OZ 1 SLI 1 EA 1 PC 1 EA	PORK NEW PO CAPRI M WHEAT FRUIT	BREAD AUCE CAKE	1 EA 4 OZ 1 EA 1 EA 1 EA 1 EA 1 EA	CHEESE BAKED I	BURGER BEANS E & TOMATO BUN RUIT IE
CALORIES	819	CALORIES	725	CALO	RIES	1034	CALO	RIES	655	CALOR	IES	877
PROTEIN	40	PROTEIN	51	PROTE	IN	41	PROT	EIN	40	PROTE	IN	40
FAT%	27%	FAT%	13%	FAT%		25%	FAT%		21%	FAT%		27%
SODIUM	1153	SODIUM	1013	SODIU	M	967	SODIL	JM	575	SODIU	M	1506
FIBER	14	FIBER	13	FIBER		12	FIBER		7	FIBER		14
VITAMIN A	475	VITAMIN A	241	VITAN	IIN A	471	VITAN	1IN A	393	VITAM	IN A	646

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louisiana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided. *Menu Items subject to change due to availability.





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR JUNE 20 - 24, 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE 20, 2022	JUNE 21, 2022	JUNE 22, 2022	JUNE 23, 2022	JUNE 24, 2022
LUNCH 1 -	LUNGH	LUNCH -	LUNCH	LUNGH
4 OZ. RIB TIPS 4 OZ. BAKED BEANS 4 OZ. BUTTERED CORN 1 SLI WHEAT BREAD 1 EA 2% MILK	1 EA HERB ROASTED CHICKEN 4 OZ MACARONI & CHEESE 4 OZ FLAME ROASTED CORN 1 SLI WHEAT BREAD 4 OZ BANANA PUDDING 1 EA 2% MILK	1 EA SALISBURY STEAK W/ 1 OZ MUSHROOM GRAVY 4 OZ MASHED POTATOES 4 OZ BROCCOLI FLORETS 1 SLI WHEAT BREAD 1 EA RICE KRISPY TREAT 1 EA 2% MILK	8 OZ SPAGHETTI W/ MEAT SAUCE 4 OZ SQUASH 4 OZ ITALIAN MIXED VEG 1 EA WHEAT ROLL 1 PC CHOCOLATE CAKE 1 EA 2% MILK	1 EA TUNA SALAD SANDWICH 1 OZ POTATO CHIPS 1 EA LETTUCE & TOMATO 2 SLI WHEAT BREAD 4 OZ FRUIT COCKTAIL 1 SL BLONDE BROWNIE 1 EA 2% MILK
CALORIES 897	CALORIES 801	CALORIES 652	CALORIES 718	CALORIES 711
PROTEIN 41	PROTEIN 46	PROTEIN 36	PROTEIN 31	PROTEIN 41
FAT% 24%	FAT% 28%	FAT% 22%	FAT% 20%	FAT% 11%
SODIUM 1195	SODIUM 988	SODIUM 667	SODIUM 472	SODIUM 511
FIBER 17	FIBER 14	FIBER 11	FIBER 10	FIBER 7
*The sodium content in the meals provi	VITAMIN A 478 ded by the Council on Aging contains an average	VITAMIN A 672	VITAMIN A 514	VITAMIN A 490

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louisiana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided.

*Menu items subject to change due to availability.





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR JUNE 27 - JULY 1, 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
JUNE 27, 2022	JUNE 28, 2022	JUNE 29, 2022	JUNE 30, 2022	JULY 1, 2022	
LUNCH	LUNCH	LUNCH	EUNCH .	LUNCH	
6 OZ SAUSAGE & CHICKEN JAMBALAYA 4 OZ WHITE BEANS 4 OZ PARSLIED CARROTS 1 SLI WHEAT BREAD 1 SLI LEMON CAKE 1 EA 2% MILK	3 OZ JERK CHICKEN 4 OZ WILD RICE 4 OZ BRUSSEL SPROUTS 1 EA WHEAT BREAD 4 OZ APPLESAUCE 1 EA LEMON SQUARES 1 EA 2% MILK	1 EA SMOTHERED PORK CHOP 4 OZ MASHED POTATOES 4 OZ GREEN BEANS 1 EA WHEAT ROLL 4 OZ APPLE COBBLER 1 EA 2% MILK	1 EA HAMBURGER STEAK 1 OZ GRAVY W/ONION & PEPPER GRAVY 4 OZ BROWN RICE 4 OZ MIXED VEGETABLES 1 SLI WHEAT BREAD 4 OZ DICED PEARS 1 PC YELLOW CAKE 1 EA 2% MILK	3 OZ BEEF SAUSAGE POBOY 4 OZ COLESLAW 4 OZ PEACHES 1 SLI WHEAT BREAD 2 EA CHOCOLATE CHIPS COOKIES 1 EA 2% MILK	
CALORIES 896	CALORIES 630	CALORIES 788	CALORIES 737	CALORIES	
PROTEIN 42	PROTEIN 34	PROTEIN 38	PROTEIN 35	CALORIES 1501 PROTEIN 46	
FAT% 25%	FAT% 13%	FAT% 26%	FAT% 19%	FAT% 62%	
SODIUM 1603	SODIUM 430	SODIUM 574	SODIUM 672	SODIUM 2827	
FIBER 17	FIBER 9	FIBER 8	FIBER 13	FIBER 17	
*The sodium content in the meals provided by	VITAMIN A 780	VITAMIN A 853	VITAMIN A 603	VITAMIN A 655	

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louisiana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided.

*Menu items subject to change due to





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU JULY 4 - 8, 2022 MENU

MONDAY TUESDAY			, , , , , , , , , , , , , , , , , , ,	WEDNESDAY		THURSDAY		FRIDAY		
SECRETARISM SECTION OF	JULY 4, 2022	JULY 5, 2022		JULY 6, 2022		JULY 7, 2022		JULY 8, 2022		
	LUNCH	LUNCH		EUNCH "		LUNCH		EUNG:		
6 OZ	BEEF STEW	3 OZ CHICKEN MARS	ALA 3 OZ.	CATFISH	8 OZ	CHICKEN ALFREDO	1 EA	TUNA SALAD		
4 OZ	BROWN RICE	4 OZ BROWN RICE PI	LAF 4 OZ	FRENCH FRIES	4 OZ	ITALIAN GREEN		SANDWICH		
4 OZ	BROCCOLI FLORETS	4 OZ CARROTS	4 OZ	TURNIP GREENS		BEANS	4 OZ	BAKED CHIPS		
1 SLI	WHEAT BREAD	1 SLI WHEAT ROLL	1 SLI	WHEAT BREAD	4 OZ	GREEN SALAD	1 EA	LETTUCE & TOMATO		
4 OZ	SLICED PEACHES	4 OZ FRUIT COCKTAI	. 1 PC	YELLOW CAKE	1 SLI	GARLIC BREAD	4 OZ	TROPICAL FRUIT		
1 PC	STRAWBERRY CAKE	2 EA SUGAR COOKIES	1 EA	2% MILK	4 OZ	BAKED APPLES	2 EA	PEANUT BUTTER		
1 EA	2% MILK	1 EA 2% MILK			1 EA	2% MILK		COOKIES		
					/ \	270 1111213	1 EA	2% MILK		
							1	Z70 WILK		
CALOR	IES 702	CALORIES 771	CALO	RIES 551	CALO	RIES 898	CALOR	RIES 886		
PROTE	IN 33	PROTEIN 44	PROTE		PROTI		PROTE			
FAT%	6%	FAT% 17%	FAT%	16%	FAT%		FAT%	28%		
SODIUI	M 623	SODIUM 1169			SODIL		SODIU			
FIBER	8	FIBER 8	FIBER	7	FIBER	10	FIBER	11		
VITAM	IN A 484	VITAMIN A 415	VITAN	1IN A 725	VITAN		VITAM			
*The sodiu	m content in the meals provided by	The same and the same at the s	54200	723	VIIAIV	1114 7 213	VIIAIVI	111V A 030		

^{*}The sodium content in the meals provided by the Council on Aging contains an average of 1300mg or less each week as regulated by the State of Louisiana. Clients with a diagnosis of Hypertension/High Blood Pressure should follow the direction of their Medical Professional in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided.

*Menu items subject to change due to availability.