



WEEK 1



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR APRIL 11-15, 2022 MENU

MONDAY APRIL 11, 2022		TUESDAY APRIL 12, 2022		WEDNESDAY APRIL 13, 2022		THURSDAY APRIL 14, 2022		FRIDAY APRIL 15, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ SAUSAGE & CHICKEN JAMBALAYA		3 OZ JERK CHICKEN		1 EA SMOTHERED PORK CHOP		1 EA HAMBURGER STEAK		3 OZ BEEF SAUSAGE POBOY	
4 OZ WHITE BEANS		4 OZ WILD RICE		4 OZ MASHED POTATOES		1 OZ GRAVY W/ONION & PEPPER GRAVY		4 OZ COLESLAW	
4 OZ PARSLIED CARROTS		4 OZ BRUSSEL SPROUTS		4 OZ GREEN BEANS		4 OZ BROWN RICE		4 OZ PEACHES	
1 SLI WHEAT BREAD		1 EA WHEAT BREAD		1 EA WHEAT ROLL		4 OZ MIXED VEGETABLES		1 SLI WHEAT BREAD	
1 SLI LEMON CAKE		4 OZ APPLESAUCE		4 OZ APPLE COBBLER		1 SLI WHEAT BREAD		2 EA CHOCOLATE CHIPS COOKIES	
1 EA 2% MILK		1 EA LEMON SQUARES		1 EA 2% MILK		4 OZ DICED PEARS		1 EA 2% MILK	
		1 EA 2% MILK				1 PC YELLOW CAKE			
						1 EA 2% MILK			
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.



WEEK 2



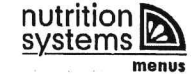
EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU APRIL 18-22, 2022, MENU

MONDAY APRIL 18, 2022		TUESDAY APRIL 19, 2022		WEDNESDAY APRIL 20, 2022		THURSDAY APRIL 21, 2022		FRIDAY APRIL 22, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	BEEF STEW	3 OZ	CHICKEN MARSALA	1 EA	TUNA SALAD	8 OZ	CHICKEN ALFREDO	3 OZ.	CATFISH
4 OZ	BROWN RICE	4 OZ	BROWN RICE PILAF		SANDWICH	4 OZ	ITALIAN GREEN	4 OZ	FRENCH FRIES
4 OZ	BROCCOLI FLORETS	4 OZ	CARROTS	4 OZ	BAKED CHIPS		BEANS	4 OZ	TURNIP GREENS
1 SLI	WHEAT BREAD ~	1 SLI	WHEAT ROLL	1 EA	LETTUCE & TOMATO	4 OZ	GREEN SALAD	1 SLI	WHEAT BREAD
4 OZ	SLICED PEACHES	4 OZ	FRUIT COCKTAIL	4 OZ	TROPICAL FRUIT	1 SLI	GARLIC BREAD	1 PC	YELLOW CAKE
1 PC	STRAWBERRY CAKE	2 EA	SUGAR COOKIES	2 EA	PEANUT BUTTER	4 OZ	BAKED APPLES	1 EA	2% MILK
1 EA	2% MILK	1 EA	2% MILK		COOKIES	1 EA	2% MILK		
				1 EA	2% MILK				
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
VITAMIN A	484	VITAMIN A	415	VITAMIN A	658	VITAMIN A	519	VITAMIN A	725

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WEEK 3



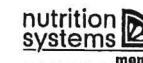
EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR APRIL 25 – APRIL 29, 2022 MENU

MONDAY APRIL 25, 2022		TUESDAY APRIL 26, 2022		WEDNESDAY APRIL 27, 2022		THURSDAY APRIL 28, 2022		FRIDAY APRIL 29, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. GRILLED CHICKEN		8 OZ SPAGHETTI		1 EA CHICKEN FRIED STEAK		4 OZ. BBQ PULLED PORK		1 EA BLT SANDWICH	
4 OZ. WILD RICE		w/ MEATBALLS		w/ GRAVY		4 OZ. POTATO SALAD		1 OZ POTATO CHIPS	
4 OZ. WHOLE GREEN BEANS		4 OZ SQUASH		4 OZ MASHED POTATOES		4 OZ. BUTTERED CORN		4 OZ CARROT STICKS	
1 EA WHEAT ROLL		4 OZ ITALIAN MIXED VEGETABLES		4 OZ BROCCOLI SALAD		1 SLI WHEAT BREAD		2 SLI WHEAT BREAD	
1 EA ICE CREAM		1 EA WHEAT ROLL		1 SLI WHEAT BREAD		1 PC LEMON PIE		4 OZ FRESH FRUIT CUP	
1 EA 2% MILK		1 PC CHOCOLATE CAKE		1 EA RICE KRISPY TREAT		1 EA 2% MILK		1 SL BLONDE BROWNIE	
		1 EA 2% MILK		1 EA 2% MILK				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

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WEEK 4



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

MONDAY MAY 2, 2022		TUESDAY MAY 3, 2022		WEDNESDAY MAY 4, 2022		THURSDAY MAY 5, 2022		FRIDAY MAY 6, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	WHITE BEANS & SAUSAGE	6 OZ	CHICKEN POT PIE	3 OZ	MEATSAUCE	3 OZ	BARBECUE PULLED CHICKEN	1 EA	CHEESEBURGER
4 OZ	BROWN RICE	4 OZ	GREEN BEANS	4 OZ	SPAGHETTI	4 OZ	NEW POTATOES	4 OZ	BAKED BEANS
4 OZ	COLLARD GREENS	4 OZ	MASHED POTATOES	4 OZ	BUTTERED CARROTS	4 OZ	CAPRI MIX VEG	1 EA	LETTUCE & TOMATO
1 EA	CORNBREAD	1 EA	WHEAT ROLL	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 EA	WHEAT BUN
1 EA	BANANA	4 OZ	PEACH COBBLER	4 OZ	PINEAPPLE CHUNKS	1 EA	FRUIT	1 EA	FRESH FRUIT
4 OZ	APPLE CRISP	1 EA	2% MILK	2 EA	OATMEAL COOKIES	1 PC	APPLESAUCE CAKE	1 EA	BROWNIE
1 EA	2% MILK			1 EA	2% MILK	1 EA	2% MILK	1 EA	2% MILK
CALORIES	819	CALORIES	725	CALORIES	1034	CALORIES	655	CALORIES	877
PROTEIN	40	PROTEIN	51	PROTEIN	41	PROTEIN	40	PROTEIN	40
FAT%	27%	FAT%	13%	FAT%	25%	FAT%	21%	FAT%	27%
SODIUM	1153	SODIUM	1013	SODIUM	967	SODIUM	575	SODIUM	1506
FIBER	14	FIBER	13	FIBER	12	FIBER	7	FIBER	14
VITAMIN A	475	VITAMIN A	241	VITAMIN A	471	VITAMIN A	393	VITAMIN A	646

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WEEK 5



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

MONDAY MAY 9, 2022		TUESDAY MAY 10, 2022		WEDNESDAY MAY 11, 2022		THURSDAY MAY 12, 2022		FRIDAY MAY 13, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ BEEF SAUSAGE		1 EA BOURBON CHICKEN		4 OZ SALISBURY STEAK		6 OZ TURKEY CUTLETS		1 EA TUNA SALAD	
1 OZ PEPPERS AND ONIONS		THIGHS		4 OZ BROWN RICE		4 OZ MASHED		SANDWICH	
4 OZ BAKED BEANS		4 OZ SCALLOPED POTATOES		4 OZ GREEN BEANS		POTATOES		1 OZ POTATO CHIPS	
4 OZ CHUCKWAGON CORN		4 OZ CALIFORNIA BLEND		W/PEARL ONIONS		4 OZ GREEN PEAS		1 EA LETTUCE & TOMATO	
1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		1 EA WHEAT ROLL		4 EA ORANGE SECTIONS	
1 EA BANANA PUDDING		4 OZ PEACH CRISP		4 OZ APPLESAUCE		2 EA PEANUT BUTTER		1 EA BROWNIE	
1 PC FRUIT		1 EA 2% MILK		1 PC YELLOW CAKE		COOKIES		1 EA 2% MILK	
1 EA 2% MILK				1 EA 2% MILK		1 EA 2% MILK			
CALORIES	1045	CALORIES	672	CALORIES	661	CALORIES	664	CALORIES	787
PROTEIN	40	PROTEIN	41	PROTEIN	32	PROTEIN	59	PROTEIN	36
FAT%	43%	FAT%	10%	FAT%	10%	FAT%	12%	FAT%	30%
SODIUM	1704	SODIUM	840	SODIUM	540	SODIUM	706	SODIUM	798
FIBER	14	FIBER	11	FIBER	9	FIBER	11	FIBER	11
VITAMIN A	100	VITAMIN A	288	VITAMIN A	800	VITAMIN A	204	VITAMIN A	337

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WEEK 6



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

MONDAY MAY 16, 2022		TUESDAY MAY 17, 2022		WEDNESDAY MAY 18, 2022		THURSDAY MAY 19, 2022		FRIDAY MAY 20, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
8 OZ SPAGHETTI w/ MEAT SAUCE		1 EA HERB ROASTED CHICKEN		1 EA GRAVY STEAK		1 EA PULLED PORK SANDWICH		6 OZ SAUSAGE	
4 OZ SQUASH		4 OZ MACARONI & CHEESE		4 OZ MASHED POTATOES		1 OZ BAKED BEANS		4 OZ RED BEANS AND RICE	
4 OZ ITALIAN MIXED VEG		4 OZ FLAME ROASTED CORN		4 OZ BROCCOLI FLORETS		1 EA LETTUCE & TOMATO		4 OZ. SEASONED GREENS	
1 EA WHEAT ROLL		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		2 SLI WHEAT BREAD		4 OZ. CORNBREAD	
1 PC CHOCOLATE CAKE		4 OZ BANANA PUDDING		1 EA RICE KRISPY TREAT		4 OZ FRUIT COCKTAIL		1 SLI LEMON CAKE	
1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK		1 SL BLONDE BROWNIE		1 EA 2% MILK	
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

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WEEK 7



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MAY 23 – 27, 2022, MENU

MONDAY MAY 23, 2022		TUESDAY MAY 24, 2022		WEDNESDAY MAY 25, 2022		THURSDAY MAY 26, 2022		FRIDAY MAY 27, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ SAUSAGE & CHICKEN JAMBALAYA		3 OZ JERK CHICKEN		1 EA SMOTHERED PORK CHOP		2 EA SOFT BEEF TACOS		3 OZ BEEF SAUSAGE POBOY	
4 OZ WHITE BEANS		4 OZ WILD RICE		4 OZ MASHED POTATOES		4 OZ TACO TRIMMINGS		4 OZ COLESLAW	
4 OZ PARSLIED CARROTS		4 OZ BRUSSEL SPROUTS		4 OZ GREEN BEANS		4 OZ SPANISH RICE		4 OZ PEACHES	
1 SLI WHEAT BREAD		1 EA WHEAT BREAD		1 EA WHEAT ROLL		4 OZ REFRIED BEANS		1 SLI WHEAT BREAD	
1 SLI LEMON CAKE		4 OZ APPLESAUCE		4 OZ APPLE COBBLER		4 OZ DICED PEARS		2 EA CHOCOLATE CHIPS COOKIES	
1 EA 2% MILK		1 EA LEMON SQUARES		1 EA 2% MILK		1 PC YELLOW CAKE		1 EA 2% MILK	
		1 EA 2% MILK				1 EA 2% MILK			
CALORIES	896	CALORIES	630	CALORIES	788	CALORIES	863	CALORIES	701
PROTEIN	42	PROTEIN	34	PROTEIN	38	PROTEIN	27	PROTEIN	46
FAT%	25%	FAT%	13%	FAT%	26%	FAT%	31%	FAT%	62%
SODIUM	1603	SODIUM	430	SODIUM	574	SODIUM	834	SODIUM	2827
FIBER	17	FIBER	9	FIBER	8	FIBER	11	FIBER	17
VITAMIN A	587	VITAMIN A	780	VITAMIN A	853	VITAMIN A	431	VITAMIN A	655

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WEEK 8



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

MONDAY MAY 30, 2022		TUESDAY MAY 31, 2022		WEDNESDAY JUNE 1, 2022		THURSDAY JUNE 2, 2022		FRIDAY JUNE 3, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	BEEF STEW	3 OZ	CHICKEN MARSALA	3 OZ.	CATFISH	8 OZ	CHICKEN ALFREDO	1 EA	TUNA SALAD
4 OZ	BROWN RICE	4 OZ	BROWN RICE PILAF	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 COCKTAIL	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	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
VITAMIN A	484	VITAMIN A	415	VITAMIN A	725	VITAMIN A	519	VITAMIN A	658

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WEEK 9



EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU JUNE 6 - 10, 2022 MENU

MONDAY JUNE 6, 2022		TUESDAY JUNE 7, 2022		WEDNESDAY JUNE 8, 2022		THURSDAY JUNE 9, 2022		FRIDAY JUNE 10, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	WHITE BEANS & SAUSAGE	6 OZ	CHICKEN POT PIE	2 EA	TERIYAKI BAKED CHICKEN	3 OZ	BARBECUE PULLED PORK	1 EA	CHEESEBURGER
4 OZ	BROWN RICE	4 OZ	GREEN BEANS	4 OZ	FRIED BROWN RICE	4 OZ	NEW POTATOES	4 OZ	BAKED BEANS
4 OZ	COLLARD GREENS	4 OZ	MASHED POTATOES	4 OZ	COPPER PENNY CARROTS	4 OZ	CAPRI MIX VEG	1 EA	LETTUCE & TOMATO
1 EA	CORNBREAD	1 EA	WHEAT ROLL	4 OZ	WHEAT BREAD	1 SLI	WHEAT BREAD	1 EA	WHEAT BUN
1 EA	BANANA	4 OZ	PEACH COBBLER	1 SLI	PINEAPPLE CHUNKS	1 EA	FRUIT	1 EA	FRESH FRUIT
4 OZ	APPLE CRISP	1 EA	2% MILK	4 OZ	OATMEAL COOKIES	1 PC	APPLESAUCE CAKE	1 EA	BROWNIE
1 EA	2% MILK			2 EA	2% MILK	1 EA	2% MILK	1 EA	2% MILK
1 EA				1 EA					
CALORIES	819	CALORIES	725	CALORIES	1034	CALORIES	655	CALORIES	877
PROTEIN	40	PROTEIN	51	PROTEIN	41	PROTEIN	40	PROTEIN	40
FAT%	27%	FAT%	13%	FAT%	25%	FAT%	21%	FAT%	27%
SODIUM	1153	SODIUM	1013	SODIUM	967	SODIUM	575	SODIUM	1506
FIBER	14	FIBER	13	FIBER	12	FIBER	7	FIBER	14
VITAMIN A	475	VITAMIN A	241	VITAMIN A	471	VITAMIN A	393	VITAMIN A	646

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WEEK 11



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR JUNE 20 - 24, 2022 MENU

MONDAY JUNE 20, 2022		TUESDAY JUNE 21, 2022		WEDNESDAY JUNE 22, 2022		THURSDAY JUNE 23, 2022		FRIDAY JUNE 24, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
4 OZ. RIB TIPS		1 EA HERB ROASTED CHICKEN		1 EA SALISBURY STEAK W/		8 OZ SPAGHETTI		1 EA TUNA SALAD	
4 OZ. BAKED BEANS		4 OZ MACARONI & CHEESE		1 OZ MUSHROOM GRAVY		w/ MEAT SAUCE		SANDWICH	
4 OZ. BUTTERED CORN		4 OZ FLAME ROASTED CORN		4 OZ MASHED POTATOES		4 OZ SQUASH		1 OZ POTATO CHIPS	
1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		4 OZ BROCCOLI FLORETS		4 OZ ITALIAN MIXED VEG		1 EA LETTUCE & TOMATO	
1 EA 2% MILK		4 OZ BANANA PUDDING		1 SLI WHEAT BREAD		1 EA WHEAT ROLL		2 SLI WHEAT BREAD	
		1 EA 2% MILK		1 EA RICE KRISPY TREAT		1 PC CHOCOLATE CAKE		4 OZ FRUIT COCKTAIL	
				1 EA 2% MILK		1 EA 2% MILK		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
VITAMIN A	340	VITAMIN A	478	VITAMIN A	672	VITAMIN A	514	VITAMIN A	490

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WEEK 12



EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR JUNE 27 - JULY 1, 2022 MENU

MONDAY JUNE 27, 2022		TUESDAY JUNE 28, 2022		WEDNESDAY JUNE 29, 2022		THURSDAY JUNE 30, 2022		FRIDAY JULY 1, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ SAUSAGE & CHICKEN JAMBALAYA		3 OZ JERK CHICKEN		1 EA SMOTHERED PORK CHOP		1 EA HAMBURGER STEAK		3 OZ BEEF SAUSAGE POBOY	
4 OZ WHITE BEANS		4 OZ WILD RICE		4 OZ MASHED POTATOES		1 OZ GRAVY W/ONION & PEPPER GRAVY		4 OZ COLESLAW	
4 OZ PARSLIED CARROTS		4 OZ BRUSSEL SPROUTS		4 OZ GREEN BEANS		4 OZ BROWN RICE		4 OZ PEACHES	
1 SLI WHEAT BREAD		1 EA WHEAT BREAD		1 EA WHEAT ROLL		4 OZ MIXED VEGETABLES		1 SLI WHEAT BREAD	
1 SLI LEMON CAKE		4 OZ APPLESAUCE		4 OZ APPLE COBBLER		1 SLI WHEAT BREAD		2 EA CHOCOLATE CHIPS	
1 EA 2% MILK		1 EA LEMON SQUARES		1 EA 2% MILK		4 OZ DICED PEARS		1 EA 2% MILK	
		1 EA 2% MILK				1 PC YELLOW CAKE			
						1 EA 2% MILK			
CALORIES	896	CALORIES	630	CALORIES	788	CALORIES	737	CALORIES	1501
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.



WEEK 13



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU JULY 4 - 8, 2022 MENU

MONDAY JULY 4, 2022		TUESDAY JULY 5, 2022		WEDNESDAY JULY 6, 2022		THURSDAY JULY 7, 2022		FRIDAY JULY 8, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	BEEF STEW	3 OZ	CHICKEN MARSALA	3 OZ.	CATFISH	8 OZ	CHICKEN ALFREDO	1 EA	TUNA SALAD
4 OZ	BROWN RICE	4 OZ	BROWN RICE PILAF	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 COCKTAIL	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	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
VITAMIN A	484	VITAMIN A	415	VITAMIN A	725	VITAMIN A	519	VITAMIN A	658

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