



WEEK 1



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR 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 |
| HAPPY 4TH OF JULY | 1 EA BARBECUE CHICKEN 4 OZ BAKED BEANS 4 OZ FLAME ROASTED CORN 1 SLI WHEAT BREAD 4 OZ BANANA PUDDING 1 EA 2% MILK | 1 EA CHICKEN MEATBALLS 1 OZ MUSHROOM GRAVY 4 OZ MASHED RED 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 MIX 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 1 EA POPSICLE 1 EA 2% MILK |
| | CALORIES 1032 | CALORIES 648 | CALORIES 704 | CALORIES 657 |
| | PROTEIN 34 | PROTEIN 35 | PROTEIN 30 | PROTEIN 32 |
| | FAT% 33% | FAT% 22% | FAT% 18% | FAT% 25% |
| | SODIUM 1018 | SODIUM 860 | SODIUM 638 | SODIUM 912 |
| | FIBER 16 | FIBER 7 | FIBER 9 | FIBER 12 |
| | VITAMIN A 133 | VITAMIN A 159 | VITAMIN A 286 | VITAMIN A 169 |

*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 JULY 11 - 15, 2022 MENU

| MONDAY JULY 11, 2022 | | TUESDAY JULY 12, 2022 | | WEDNESDAY JULY 13, 2022 | | THURSDAY JULY 14, 2022 | | FRIDAY JULY 15, 2022 | |
|-------------------------|-----|--------------------------|-----|----------------------------|-----|---------------------------|-----|-------------------------|------|
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| 3 OZ SAUSAGE | | 3 OZ JERK CHICKEN | | 1 EA SMOTHERED PORK | | 1 EA GRILLED CHICKEN | | 3 OZ BEEF SAUSAGE POBOY | |
| 4 OZ RICE | | 4 OZ WILD RICE | | 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 OR | |
| 4 OZ PARSLIED CARROTS | | 1 EA WHEAT BREAD | | 4 OZ GREEN BEANS | | 4 OZ BROWN RICE | | NECTARINES | |
| 1 SLI WHEAT BREAD | | 4 OZ APPLESAUCE | | 1 EA WHEAT ROLL | | 4 OZ MIXED VEGETABLES | | 1 SLI WHEAT BREAD | |
| 4 OZ GELATIN w/FRUIT | | 1 EA LEMON SQUARES | | 4 OZ APPLE COBBLER | | 1 SLI WHEAT BREAD | | 2 EA CHOCOLATE CHIPS | |
| COCKTAIL | | 1 EA 2% MILK | | 1 EA 2% MILK | | 4 OZ DICED PEARS | | COOKIES | |
| 1 EA 2% MILK | | | | | | 1 PC YELLOW CAKE | | 1 EA 2% MILK | |
| | | | | | | 1 EA 2% MILK | | | |
| CALORIES | 762 | CALORIES | 669 | CALORIES | 755 | CALORIES | 723 | CALORIES | 1310 |
| PROTEIN | 38 | PROTEIN | 39 | PROTEIN | 37 | PROTEIN | 35 | PROTEIN | 39 |
| FAT% | 25% | FAT% | 14% | FAT% | 22% | FAT% | 19% | FAT% | 58% |
| SODIUM | 835 | SODIUM | 459 | SODIUM | 529 | SODIUM | 672 | SODIUM | 1007 |
| FIBER | 17 | FIBER | 10 | FIBER | 8 | FIBER | 13 | FIBER | 11 |
| VITAMIN A | 295 | VITAMIN A | 181 | VITAMIN A | 168 | VITAMIN A | 660 | VITAMIN A | 684 |

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WEEK 3



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU JULY 18 - 22, 2022 MENU

| MONDAY JULY 18, 2022 | | TUESDAY JULY 19, 2022 | | WEDNESDAY JULY 20, 2022 | | THURSDAY JULY 21, 2022 | | FRIDAY JULY 22, 2022 | |
|-------------------------|------------------|--------------------------|----------------|----------------------------|-------------|---------------------------|---------------|-------------------------|------------------|
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| 3 OZ | POT ROAST | 3 OZ | TACO SALAD | 6 OZ | SUCCOTASH | 6 OZ | CHICKEN | 1 EA | BARBECUE CHICKEN |
| 1 OZ | GRAVY | 4 OZ | TACO FIXINGS | 4 OZ | RICE | | SPAGHETTI | | SANDWICH |
| 4 OZ | BUTTERED RICE | 4 OZ | FRUIT COCKTAIL | 4 OZ | LIMA BEANS | 4 OZ | ITALIAN GREEN | 4 OZ | BAKED BEANS |
| 4 OZ | BROCCOLI FLORETS | 2 EA | SUGAR COOKIES | 1 SLI | WHEAT BREAD | | BEANS | 4 OZ | CARROT SALAD |
| 1 SLI | WHEAT BREAD | 1 EA | 2% MILK | 1 PC | YELLOW CAKE | 4 OZ | GREEN SALAD | 2 EA | PEANUT BUTTER |
| 1 PC | STRAWBERRY | | | 1 OZ | w/CHOCOLATE | 1 SLI | GARLIC BREAD | | COOKIES |
| | SHORTCAKE | | | | ICING | 4 OZ | BAKED APPLES | 1 EA | 2% MILK |
| 1 EA | 2% MILK | | | 1 EA | 2% MILK | 1 EA | 2% MILK | | |
| CALORIES | 752 | CALORIES | 774 | CALORIES | 683 | CALORIES | 738 | CALORIES | 895 |
| PROTEIN | 38 | PROTEIN | 38 | PROTEIN | 39 | PROTEIN | 35 | PROTEIN | 34 |
| FAT% | 28% | FAT% | 20% | FAT% | 21% | FAT% | 48% | FAT% | 36% |
| SODIUM | 900 | SODIUM | 960 | SODIUM | 782 | SODIUM | 1306 | SODIUM | 1011 |
| FIBER | 9 | FIBER | 7 | FIBER | 14 | FIBER | 7 | FIBER | 9 |
| VITAMIN A | 900 | VITAMIN A | 16 | VITAMIN A | 786 | VITAMIN A | 558 | VITAMIN A | 165 |

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WEEK 4



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU JULY 25 - 29, 2022 MENU

| MONDAY JULY 25, 2022 | | TUESDAY JULY 26, 2022 | | WEDNESDAY JULY 27, 2022 | | THURSDAY JULY 28, 2022 | | FRIDAY JULY 29, 2022 | |
|-------------------------|---------------------|--------------------------|----------------------------|----------------------------|------------------------|---------------------------|---------------------|-------------------------|------------------|
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| 6 OZ | RED BEANS & SAUSAGE | 6 OZ | BEEF AND BROCCOLI STIR FRY | 2 EA | HERB BAKED CHICKEN LEG | 3 OZ | FRIED FISH | 1 EA | CHEESEBURGER |
| 4 OZ | BROWN RICE | 4 OZ | RICE | 4 OZ | FRIED BROWN RICE | 4 OZ | POTATO SALAD | 4 OZ | BAKED BEANS |
| 4 OZ | COLLARD GREENS | 4 OZ | GREEN BEANS | 4 OZ | COPPER PENNY CARROTS | 4 OZ | MACARONI AND CHEESE | 1 EA | LETTUCE & TOMATO |
| 1 EA | CORNBREAD | 1 EA | WHEAT ROLL | 1 SLI | WHEAT BREAD | 4 OZ | PEAS | 1 EA | WHEAT BUN |
| 1 EA | BANANA | 4 OZ | PEACH COBBLER | 4 OZ | PINEAPPLE CHUNKS | 1 PC | BIRTHDAY CAKE | 1 EA | FRESH FRUIT |
| 4 OZ | APPLE CRISP | 1 EA | 2% MILK | 2 EA | OATMEAL COOKIES | 1 EA | 2% MILK | 1 EA | BROWNIE |
| 1 EA | 2% MILK | | | 1 EA | 2% MILK | | | 1 EA | 2% MILK |
| CALORIES | 875 | CALORIES | 767 | CALORIES | 975 | CALORIES | 838 | CALORIES | 885 |
| PROTEIN | 41 | PROTEIN | 28 | PROTEIN | 42 | PROTEIN | 31 | PROTEIN | 40 |
| FAT% | 41% | FAT% | 16% | FAT% | 27% | FAT% | 27% | FAT% | 27% |
| SODIUM | 1319 | SODIUM | 1024 | SODIUM | 791 | SODIUM | 822 | SODIUM | 1307 |
| FIBER | 17 | FIBER | 11 | FIBER | 10 | FIBER | 8 | FIBER | 13 |
| VITAMIN A | 904 | VITAMIN A | 247 | VITAMIN A | 115 | VITAMIN A | 450 | VITAMIN A | 146 |

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WEEK 5



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU AUGUST 1 - 5, 2022 MENU

| MONDAY AUGUST 1, 2022 | | TUESDAY AUGUST 2, 2022 | | WEDNESDAY AUGUST 3, 2022 | | THURSDAY AUGUST 4, 2022 | | FRIDAY AUGUST 5, 2022 | |
|--------------------------|--|---------------------------|--|-----------------------------|-------------------------------------|----------------------------|--------------------------------|--------------------------|---------------------------|
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| 1 EA | CHEF'S SALAD w/ CHICKEN & HAM DRESSING | 4 OZ | ROTINI PASTA SALAD 3 OZ w/ DICED TURKEY 4 OZ BROCCOLI SLAW | 1 EA | CHICKEN SALAD ON BUN | 4 OZ | TUNA SALAD | 1 EA | CHICKEN SALAD SANDWICH |
| 4 OZ | CUCUMBER SALAD | 4 EA | CRACKERS | 1 EA | LETTUCE LEAF / TOMATO SLICE | 1 EA | LETTUCE LEAF / TOMATO SLICE | 1 OZ | POTATO CHIPS |
| 1 OZ | CRACKERS | 4 OZ | DESSERT | 4 OZ | MARINATED TOMATOES AND ONIONS | 2 EA | DEVILED EGGS | 1 EA | LETTUCE & TOMATO |
| 2 EA | COOKIES | 1 EA | 2% MILK | 2 EA | COOKIES | 4 EA | CRACKERS | 4 EA | ORANGE SECTIONS |
| 1 EA | 2% MILK | | | 1 EA | 2% MILK | 2 EA | PEANUT BUTTER COOKIES | 1 EA | BROWNIE |
| | | | | | | 1 EA | 2% MILK | 1 EA | 2% MILK |
| CALORIES | 845 | CALORIES | 816 | CALORIES | 704 | CALORIES | 763 | CALORIES | 748 |
| PROTEIN | 29 | PROTEIN | 38 | PROTEIN | 33 | PROTEIN | 61 | PROTEIN | 31 |
| FAT% | 26% | FAT% | 19% | FAT% | 22% | FAT% | 28% | FAT% | 29% |
| SODIUM | 926 | SODIUM | 1060 | SODIUM | 639 | SODIUM | 1396 | SODIUM | 763 |
| FIBER | 15 | FIBER | 10 | FIBER | 7 | FIBER | 10 | FIBER | 7 |
| VITAMIN A | 138 | VITAMIN A | 319 | VITAMIN A | 980 | VITAMIN A | 151 | VITAMIN A | 133 |

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WEEK 6



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR AUGUST 8 - 12, 2022 MENU

| MONDAY AUGUST 8, 2022 | | TUESDAY AUGUST 9, 2022 | | WEDNESDAY AUGUST 10, 2022 | | THURSDAY AUGUST 11, 2022 | | FRIDAY AUGUST 12, 2022 | |
|--------------------------|---------------------------|---------------------------|--------------------|------------------------------|------------------------|-----------------------------|----------------------------|---------------------------|------------------------|
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| 8 OZ | WHITE BEANS W/ SAUSAGE | 1 EA | BARBECUE CHICKEN | 1 EA | CHICKEN MEATBALLS | 8 OZ | SPAGHETTI W/ MEAT SAUCE | 1 EA | TUNA SALAD SANDWICH |
| 4 OZ | WHITE RICE | 4 OZ | BAKED BEANS | 1 OZ | MUSHROOM GRAVY | 4 OZ | SQUASH | 1 OZ | POTATO CHIPS |
| 4 OZ | GREENS | 4 OZ | FLAME ROASTED CORN | 4 OZ | MASHED RED POTATOES | 4 OZ | ITALIAN MIX VEG | 1 EA | LETTUCE & TOMATO |
| 1 EA | CORNBREAD | 1 SLI | WHEAT BREAD | 4 OZ | BROCCOLI FLORETS | 1 EA | WHEAT ROLL | 2 SLI | WHEAT BREAD |
| 1 EA | FRUIT CUP | 4 OZ | BANANA PUDDING | 1 SLI | WHEAT BREAD | 1 PC | CHOCOLATE CAKE | 1 EA | POPSICLE |
| 1 EA | 2% MILK | 1 EA | 2% MILK | 1 EA | RICE KRISPY TREAT | 1 EA | 2% MILK | 1 EA | 2% MILK |
| 1 EA | 2% MILK | | | 1 EA | 2% MILK | | | | |
| CALORIES | 865 | CALORIES | 1032 | CALORIES | 648 | CALORIES | 704 | CALORIES | 657 |
| PROTEIN | 39 | PROTEIN | 34 | PROTEIN | 35 | PROTEIN | 30 | PROTEIN | 32 |
| FAT% | 37% | FAT% | 33% | FAT% | 22% | FAT% | 18% | FAT% | 25% |
| SODIUM | 987 | SODIUM | 1018 | SODIUM | 860 | SODIUM | 638 | SODIUM | 912 |
| FIBER | 14 | FIBER | 16 | FIBER | 7 | FIBER | 9 | FIBER | 12 |
| VITAMIN A | 171 | VITAMIN A | 133 | VITAMIN A | 159 | VITAMIN A | 286 | VITAMIN A | 169 |

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WEEK 7



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR AUGUST 15 - 19, 2022, 2022 MENU

| MONDAY AUGUST 15, 2022 | | TUESDAY AUGUST 16, 2022 | | WEDNESDAY AUGUST 17, 2022 | | THURSDAY AUGUST 18, 2022 | | FRIDAY AUGUST 19, 2022 | |
|---------------------------|-----|----------------------------|-----|------------------------------|------|-----------------------------|-----|---------------------------|------|
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| 3 OZ SAUSAGE | | 3 OZ JERK CHICKEN | | 1 EA SMOTHERED PORK | | 1 EA GRILLED CHICKEN | | 3 OZ BEEF SAUSAGE POBOY | |
| 4 OZ RICE | | 4 OZ WILD RICE | | | 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 OR | |
| 4 OZ PARSLIED CARROTS | | 1 EA WHEAT BREAD | | 4 OZ GREEN BEANS | | 4 OZ BROWN RICE | | NECTARINES | |
| 1 SLI WHEAT BREAD | | 4 OZ APPLESAUCE | | 1 EA WHEAT ROLL | | 4 OZ MIXED VEGETABLES | | 1 SLI WHEAT BREAD | |
| 4 OZ GELATIN w/FRUIT | | 1 EA LEMON SQUARES | | 4 OZ APPLE COBBLER | | 1 SLI WHEAT BREAD | | 2 EA CHOCOLATE CHIPS | |
| COCKTAIL | | 1 EA 2% MILK | | 1 EA 2% MILK | | 4 OZ DICED PEARS | | COOKIES | |
| 1 EA 2% MILK | | | | | | 1 PC YELLOW CAKE | | 1 EA 2% MILK | |
| | | | | | | 1 EA 2% MILK | | | |
| CALORIES | 762 | CALORIES | 669 | CALORIES | 755 | CALORIES | 723 | CALORIES | 1310 |
| PROTEIN | 38 | PROTEIN | 39 | PROTEIN | 37 | PROTEIN | 35 | PROTEIN | 39 |
| FAT% | 25% | FAT% | 14% | FAT% | 22% | FAT% | 19% | FAT% | 58% |
| SODIUM | 835 | SODIUM | 459 | SODIUM | 529 | SODIUM | 672 | SODIUM | 1007 |
| FIBER | 17 | FIBER | 10 | FIBER | 8 | FIBER | 13 | FIBER | 11 |
| VITAMIN A | 295 | VITAMIN A | 181 | VITAMIN A | 168 | VITAMIN A | 660 | VITAMIN A | 684 |

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WEEK 8



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU AUGUST 22 - 26, 2022 MENU

| MONDAY AUGUST 22, 2022 | | TUESDAY AUGUST 23, 2022 | | WEDNESDAY AUGUST 24, 2022 | | THURSDAY AUGUST 25, 2022 | | FRIDAY AUGUST 26, 2022 | |
|---------------------------|------------------|----------------------------|----------------|------------------------------|-------------|-----------------------------|---------------|---------------------------|------------------|
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| 3 OZ | POT ROAST | 3 OZ | TACO SALAD | 6 OZ | SUCCOTASH | 6 OZ | CHICKEN | 1 EA | BARBECUE CHICKEN |
| 1 OZ | GRAVY | 4 OZ | TACO FIXINGS | 4 OZ | RICE | | SPAGHETTI | | SANDWICH |
| 4 OZ | BUTTERED RICE | 4 OZ | FRUIT COCKTAIL | 4 OZ | LIMA BEANS | 4 OZ | ITALIAN GREEN | 4 OZ | BAKED BEANS |
| 4 OZ | BROCCOLI FLORETS | 2 EA | SUGAR COOKIES | 1 SLI | WHEAT BREAD | | BEANS | 4 OZ | CARROT SALAD |
| 1 SLI | WHEAT BREAD | 1 EA | 2% MILK | 1 PC | YELLOW CAKE | 4 OZ | GREEN SALAD | 2 EA | PEANUT BUTTER |
| 1 PC | STRAWBERRY | | | 1 OZ | w/CHOCOLATE | 1 SLI | GARLIC BREAD | | COOKIES |
| | SHORTCAKE | | | | ICING | 4 OZ | BAKED APPLES | 1 EA | 2% MILK |
| 1 EA | 2% MILK | | | 1 EA | 2% MILK | 1 EA | 2% MILK | | |
| CALORIES | 752 | CALORIES | 774 | CALORIES | 683 | CALORIES | 738 | CALORIES | 895 |
| PROTEIN | 38 | PROTEIN | 38 | PROTEIN | 39 | PROTEIN | 35 | PROTEIN | 34 |
| FAT% | 28% | FAT% | 20% | FAT% | 21% | FAT% | 48% | FAT% | 36% |
| SODIUM | 900 | SODIUM | 960 | SODIUM | 782 | SODIUM | 1306 | SODIUM | 1011 |
| FIBER | 9 | FIBER | 7 | FIBER | 14 | FIBER | 7 | FIBER | 9 |
| VITAMIN A | 900 | VITAMIN A | 16 | VITAMIN A | 786 | VITAMIN A | 558 | VITAMIN A | 165 |

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WEEK 9



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU AUGUST 29 – SEPTEMBER 2, 2022 MENU

| MONDAY AUGUST 29, 2022 | | TUESDAY AUGUST 30, 2022 | | WEDNESDAY AUGUST 31, 2022 | | THURSDAY SEPTEMBER 1, 2022 | | FRIDAY SEPTEMBER 2, 2022 | |
|---------------------------|---------------------|----------------------------|----------------------------|------------------------------|------------------------|-------------------------------|---------------------|-----------------------------|------------------|
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| 6 OZ | RED BEANS & SAUSAGE | 6 OZ | BEEF AND BROCCOLI STIR FRY | 2 EA | HERB BAKED CHICKEN LEG | 3 OZ | FRIED FISH | 1 EA | CHEESEBURGER |
| 4 OZ | BROWN RICE | 4 OZ | RICE | 4 OZ | FRIED BROWN RICE | 4 OZ | POTATO SALAD | 4 OZ | BAKED BEANS |
| 4 OZ | COLLARD GREENS | 4 OZ | GREEN BEANS | 4 OZ | COPPER PENNY CARROTS | 4 OZ | MACARONI AND CHEESE | 1 EA | LETTUCE & TOMATO |
| 1 EA | CORNBREAD | 1 EA | WHEAT ROLL | 1 SLI | WHEAT BREAD | 4 OZ | PEAS | 1 EA | WHEAT BUN |
| 1 EA | BANANA | 4 OZ | PEACH COBBLER | 4 OZ | PINEAPPLE CHUNKS | 1 PC | BIRTHDAY CAKE | 1 EA | FRESH FRUIT |
| 4 OZ | APPLE CRISP | 1 EA | 2% MILK | 2 EA | OATMEAL COOKIES | 1 EA | 2% MILK | 1 EA | BROWNIE |
| 1 EA | 2% MILK | | | 1 EA | 2% MILK | | | 1 EA | 2% MILK |
| CALORIES | 875 | CALORIES | 767 | CALORIES | 975 | CALORIES | 838 | CALORIES | 885 |
| PROTEIN | 41 | PROTEIN | 28 | PROTEIN | 42 | PROTEIN | 31 | PROTEIN | 40 |
| FAT% | 41% | FAT% | 16% | FAT% | 27% | FAT% | 27% | FAT% | 27% |
| SODIUM | 1319 | SODIUM | 1024 | SODIUM | 791 | SODIUM | 822 | SODIUM | 1307 |
| FIBER | 17 | FIBER | 11 | FIBER | 10 | FIBER | 8 | FIBER | 13 |
| VITAMIN A | 904 | VITAMIN A | 247 | VITAMIN A | 115 | VITAMIN A | 450 | VITAMIN A | 146 |

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WEEK 10



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU AUGUST 29 – SEPTEMBER 2, 2022 MENU

| MONDAY SEPTEMBER 5, 2022 | | TUESDAY SEPTEMBER 6, 2022 | | WEDNESDAY SEPTEMBER 7, 2022 | | THURSDAY SEPTEMBER 8, 2022 | | FRIDAY SEPTEMBER 9, 2022 | |
|-----------------------------|--|------------------------------|--------------------|--------------------------------|-------------------------------------|-------------------------------|--------------------------------|-----------------------------|---------------------------|
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| 1 EA | CHEF'S SALAD w/ CHICKEN & HAM DRESSING | 4 OZ | ROTINI PASTA SALAD | 1 EA | CHICKEN SALAD ON BUN | 4 OZ | TUNA SALAD | 1 EA | CHICKEN SALAD SANDWICH |
| 4 OZ | CUCUMBER SALAD | 3 OZ | w/ DICED TURKEY | 1 EA | LETTUCE LEAF / TOMATO SLICE | 1 EA | LETTUCE LEAF / TOMATO SLICE | 1 OZ | POTATO CHIPS |
| 1 OZ | CRACKERS | 4 OZ | BROCCOLI SLAW | 4 OZ | MARINATED TOMATOES AND ONIONS | 2 EA | DEVILED EGGS | 1 EA | LETTUCE & TOMATO |
| 2 EA | COOKIES | 4 EA | CRACKERS | 2 EA | COOKIES | 4 EA | CRACKERS | 4 EA | ORANGE SECTIONS |
| 1 EA | 2% MILK | 4 OZ | DESSERT | 1 EA | 2% MILK | 2 EA | PEANUT BUTTER COOKIES | 1 EA | BROWNIE |
| | | 1 EA | 2% MILK | | | 1 EA | 2% MILK | 1 EA | 2% MILK |
| CALORIES | 845 | CALORIES | 816 | CALORIES | 704 | CALORIES | 763 | CALORIES | 748 |
| PROTEIN | 29 | PROTEIN | 38 | PROTEIN | 33 | PROTEIN | 61 | PROTEIN | 31 |
| FAT% | 26% | FAT% | 19% | FAT% | 22% | FAT% | 28% | FAT% | 29% |
| SODIUM | 926 | SODIUM | 1060 | SODIUM | 639 | SODIUM | 1396 | SODIUM | 763 |
| FIBER | 15 | FIBER | 10 | FIBER | 7 | FIBER | 10 | FIBER | 7 |
| VITAMIN A | 138 | VITAMIN A | 319 | VITAMIN A | 980 | VITAMIN A | 151 | VITAMIN A | 133 |

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WEEK 11



EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR SEPTEMBER 12 - 16, 2022 MENU

| MONDAY SEPTEMBER 12, 2022 | | TUESDAY SEPTEMBER 13, 2022 | | WEDNESDAY SEPTEMBER 14, 2022 | | THURSDAY SEPTEMBER 15, 2022 | | FRIDAY SEPTEMBER 16, 2022 | |
|------------------------------|---------------------------|-------------------------------|--------------------|---------------------------------|------------------------|--------------------------------|----------------------------|------------------------------|------------------------|
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| 8 OZ | WHITE BEANS W/ SAUSAGE | 1 EA | BARBECUE CHICKEN | 1 EA | CHICKEN MEATBALLS | 8 OZ | SPAGHETTI W/ MEAT SAUCE | 1 EA | TUNA SALAD SANDWICH |
| 4 OZ | WHITE RICE | 4 OZ | BAKED BEANS | 1 OZ | MUSHROOM GRAVY | 4 OZ | SQUASH | 1 OZ | POTATO CHIPS |
| 4 OZ | GREENS | 4 OZ | FLAME ROASTED CORN | 4 OZ | MASHED RED POTATOES | 4 OZ | ITALIAN MIX VEG | 1 EA | LETTUCE & TOMATO |
| 1 EA | CORNBREAD | 1 SLI | WHEAT BREAD | 4 OZ | BROCCOLI FLORETS | 1 EA | WHEAT ROLL | 2 SLI | WHEAT BREAD |
| 1 EA | FRUIT CUP | 4 OZ | BANANA PUDDING | 1 SLI | WHEAT BREAD | 1 PC | CHOCOLATE CAKE | 1 EA | POPSICLE |
| 1 EA | 2% MILK | 1 EA | 2% MILK | 1 EA | RICE KRISPY TREAT | 1 EA | 2% MILK | 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 | 865 | CALORIES | 1032 | CALORIES | 648 | CALORIES | 704 | CALORIES | 657 |
| PROTEIN | 39 | PROTEIN | 34 | PROTEIN | 35 | PROTEIN | 30 | PROTEIN | 32 |
| FAT% | 37% | FAT% | 33% | FAT% | 22% | FAT% | 18% | FAT% | 25% |
| SODIUM | 987 | SODIUM | 1018 | SODIUM | 860 | SODIUM | 638 | SODIUM | 912 |
| FIBER | 14 | FIBER | 16 | FIBER | 7 | FIBER | 9 | FIBER | 12 |
| VITAMIN A | 171 | VITAMIN A | 133 | VITAMIN A | 159 | VITAMIN A | 286 | VITAMIN A | 169 |

*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.