



**WEEK 11**



**EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR DECEMBER 12 - 16, 2022 MENU**

MONDAY DECEMBER 12, 2022		TUESDAY DECEMBER 13, 2022		WEDNESDAY DECEMBER 14, 2022		THURSDAY DECEMBER 15, 2022		FRIDAY DECEMBER 16, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. MEATSAUCE & SPAGHETTI		1 EA. SMOTHERED PORK CHOP		3 OZ. BAKED CHICKEN		6 OZ. SHRIMP CREOLE		1 EA. OVEN FRIED CHICKEN	
4 OZ. ITALIAN GREEN BEANS		4 OZ. MASHED POTATOES		4OZ. SWEET POTATO CASSEROLE		4 OZ. BROWN RICE		B/S THIGH SANDWICH	
1 SLI WHEAT BREAD		4 OZ. MUSTARD GREENS		4OZ. BROCCOLI		4 OZ. CARROTS		1 OZ. CHIPS	
1 EA. FRESH FRUIT		1 EA. CORNBREAD		1 SLI WHEAT BREAD		4 OZ. PEAS		4 OZ. DILL CUCUMBER/TOMATO SALAD	
1 SLI YELLOW CAKE W/ICING		1 EA. DICED PEARS		1 EA. ORANGE		1 EA. WHEAT ROLL		1 EA. BROWNIE	
1 EA. 2% MILK		1 EA. 2% MILK		1 EA. 2% MILK		1 SLI. SPICE CAKE		1 EA. 2% MILK	
1 EA. 2% MILK						1 EA. 2% MILK			
CALORIES	634	CALORIES	719	CALORIES	685	CALORIES	779	CALORIES	798
PROTEIN	24	PROTEIN	32	PROTEIN	35	PROTEIN	33	PROTEIN	30
FAT%	28%	FAT%	31%	FAT%	24%	FAT%	29%	FAT%	24%
SODIUM	908	SODIUM	967	SODIUM	501	SODIUM	1056	SODIUM	711
FIBER	12	FIBER	8	FIBER	6	FIBER	11	FIBER	8
VITAMIN A	367	VITAMIN A	325	VITAMIN A	456	VITAMIN A	574	VITAMIN A	437

\*Menus Subject to Change - 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.



**WEEK 12**



**EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR DECEMBER 19 - 23, 2022 MENU**

MONDAY DECEMBER 19, 2022		TUESDAY DECEMBER 20, 2022		WEDNESDAY DECEMBER 21, 2022		THURSDAY DECEMBER 22, 2022		FRIDAY DECEMBER 23, 2022	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. SMOKED SAUSAGE		3 OZ. HAMBURGER STEAK		1 EA. BBQ CHICKEN LEGS		3 OZ. ROASTED TURKEY		<b>MERRY CHRISTMAS</b>	
4 OZ. RICE		W/GRAVY		4 OZ. BAKED BEANS		1 OZ. W/GRAVY			
4 OZ. WHITE BEANS		4 OZ. RICE		1 EA. CARROT & RAISIN		4 OZ. RICE DRESSING			
4 OZ. TURNIP GREENS		4 OZ. BROCCOLI FLORETS		SALAD		4 OZ. COLLARD GREENS			
1 EA. WHEAT ROLL		1 SLI. WHEAT BREAD		4 OZ. VANILLA PUDDING		1 SLI. SOFT ROLL			
1 EA. OATMEAL RAISIN		4 OZ. MANDARIN		1 EA. 2% MILK		4 OZ. APPLE CRISP			
COOKIE		ORANGES				1 EA. 2% MILK			
1 EA. 2% MILK		1 SLI. CHOCOLATE CAKE							
		1 EA. 2% MILK							
CALORIES	686	CALORIES	663	CALORIES	692	CALORIES	711	CALORIES	795
PROTEIN	31	PROTEIN	35	PROTEIN	29	PROTEIN	41	PROTEIN	24
FAT%	25%	FAT%	22%	FAT%	28%	FAT%	25%	FAT%	35%
SODIUM	857	SODIUM	904	SODIUM	877	SODIUM	995	SODIUM	957
FIBER	13	FIBER	7	FIBER	11	FIBER	7	FIBER	8
VITAMIN A	332	VITAMIN A	481	VITAMIN A	385	VITAMIN A	389	VITAMIN A	459

\*Menus Subject to Change - 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.