



**WEEK 1**



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JULY 3 - 9, 2023 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>		<b>SATURDAY</b>		<b>SUNDAY</b>	
<b>JULY 3, 2023</b>		<b>JULY 4, 2023</b>		<b>JULY 5, 2023</b>		<b>JULY 6, 2023</b>		<b>JULY 7, 2023</b>		<b>JULY 8, 2023</b>		<b>JULY 9, 2023</b>	
<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>	
8 OZ	WHITE BEANS W/ SAUSAGE	1 EA	BARBECUE CHICKEN	4 OZ	BEEF TIPS	8 OZ	SPAGHETTI W/ MEAT SAUCE	1 EA	BAKED PORK CHOP	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	MASHED SWEET POTATOES	4 OZ	BROWN RICE PILAF	4 OZ	SCALLOPED POTATOES
4 OZ	BRUSSEL SPROUTS	4 OZ	MACARONI AND CHEESE	4 OZ	MASHED RED POTATOES	4 OZ	SQUASH	4 OZ	GREEN BEANS	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	FRESH FRUIT	1 EA	WHEAT BREAD	1 SLI	WHEAT BREAD
1 EA	FRUIT CUP	1 EA	FRESH FRUIT	1 SLI	WHEAT BREAD	1 EA	SNACK	1 EA	SNACK	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	1 EA	2% MILK								
CALORIES	888	CALORIES	897	CALORIES	722	CALORIES	727	CALORIES	711	CALORIES	717	CALORIES	687
PROTEIN	39	PROTEIN	44	PROTEIN	32	PROTEIN	32	PROTEIN	47	PROTEIN	33	PROTEIN	46
FAT%	36%	FAT%	23%	FAT%	7%	FAT%	20%	FAT%	17%	FAT%	14%	FAT%	23%
SODIUM	1277	SODIUM	1616	SODIUM	594	SODIUM	652	SODIUM	475	SODIUM	848	SODIUM	974
FIBER	14	FIBER	12	FIBER	7	FIBER	10	FIBER	10	FIBER	8	FIBER	12
VITAMIN A	171	VITAMIN A	107	VITAMIN A	150	VITAMIN A	272	VITAMIN A	813	VITAMIN A	155	VITAMIN A	225

\*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 MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JULY 10 -16, 2023 MENU**

MONDAY JULY 10, 2023	TUESDAY JULY 11, 2023	WEDNESDAY JULY 12, 2023	THURSDAY JULY 13, 2023	FRIDAY JULY 14, 2023	SATURDAY JULY 15, 2023	SUNDAY JULY 16, 2023
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 4 OZ RICE 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 BAKED CHICKEN BREAST 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 BUTTERED MASHED POTATOES 4 OZ ITALIAN GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 960	CALORIES 636	CALORIES 819	CALORIES 669	CALORIES 1214	CALORIES 645	CALORIES 700
PROTEIN 37	PROTEIN 39	PROTEIN 40	PROTEIN 40	PROTEIN 58	PROTEIN 29	PROTEIN 36
FAT% 28%	FAT% 14%	FAT% 22%	FAT% 7%	FAT% 52%	FAT% 16%	FAT% 4%
SODIUM 1354	SODIUM 474	SODIUM 539	SODIUM 676	SODIUM 1016	SODIUM 937	SODIUM 336
FIBER 16	FIBER 9	FIBER 10	FIBER 9	FIBER 13	FIBER 11	FIBER 6
VITAMIN A 290	VITAMIN A 181	VITAMIN A 172	VITAMIN A 653	VITAMIN A 929	VITAMIN A 145	VITAMIN A 122

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**WEEK 3**



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MENU JULY 17 – 23, 2023 MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>JULY 17, 2023</b>	<b>JULY 18, 2023</b>	<b>JULY 19, 2023</b>	<b>JULY 20, 2023</b>	<b>JULY 21, 2023</b>	<b>JULY 22, 2023</b>	<b>JULY 23, 2023</b>
<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>
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	3 OZ CHICKEN SPAGHETTI 4 OZ ITALIAN GREEN BEANS 4 OZ CORN 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	6 OZ SUCCOTASH 4 OZ RICE 4 OZ LIMA BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ HAM 4 OZ MASHED SWEET POTATOES 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK	3 OZ BAKED CHICKEN 4 OZ BUTTERED NOODLES 4 OZ GREEN PEAS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 651	CALORIES 781	CALORIES 772	CALORIES 920	CALORIES 987	CALORIES 424	CALORIES 502
PROTEIN 32	PROTEIN 40	PROTEIN 40	PROTEIN 49	PROTEIN 54	PROTEIN 35	PROTEIN 34
FAT% 18%	FAT% 20%	FAT% 21%	FAT% 21%	FAT% 27%	FAT% 6%	FAT% 6%
SODIUM 683	SODIUM 991	SODIUM 728	SODIUM 1197	SODIUM 771	SODIUM 1136	SODIUM 285
FIBER 8	FIBER 8	FIBER 15	FIBER 13	FIBER 17	FIBER 7	FIBER 10
VITAMIN A 418	VITAMIN A 133	VITAMIN A 988	VITAMIN A 182	VITAMIN A 156	VITAMIN A 792	VITAMIN A 143

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**WEEK 4**



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JULY 24 – JULY 30, 2023, MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>JULY 24, 2023</b>	<b>JULY 25, 2023</b>	<b>JULY 26, 2023</b>	<b>JULY 27, 2023</b>	<b>JULY 28, 2023</b>	<b>JULY 29, 2023</b>	<b>JULY 30, 2023</b>
<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>
6 OZ RED BEANS & SAUSAGE 4 OZ BROWN RICE 4 OZ COLLARD GREENS 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	6 OZ BEEF 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 HERBED PENNE PASTA 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 POT PIE 4 OZ MACARONI AND CHEESE 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ HAM 4 OZ BLACKEYED PEAS 4 OZ BUTTERED RICE 4 OZ VEGETABLE MEDLEY 1 SLI WHEAT BREAD 1 EA 2% MILK	1 EA ROSEMARY CHICKEN 4 OZ BROWN RICE PILAF 4 OZ CREAMED SPINACH 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 815	CALORIES 856	CALORIES 924	CALORIES 746	CALORIES 834	CALORIES 627	CALORIES 7597
PROTEIN 36	PROTEIN 36	PROTEIN 46	PROTEIN 42	PROTEIN 48	PROTEIN 37	PROTEIN 43
FAT% 32%	FAT% 25%	FAT% 22%	FAT% 27%	FAT% 21%	FAT% 7%	FAT% 18%
SODIUM 1244	SODIUM 938	SODIUM 685	SODIUM 654	SODIUM 1247	SODIUM 1163	SODIUM 1193
FIBER 16	FIBER 13	FIBER 9	FIBER 7	FIBER 10	FIBER 9	FIBER 8
VITAMIN A 895	VITAMIN A 251	VITAMIN A 121	VITAMIN A 414	VITAMIN A 532	VITAMIN A 658	VITAMIN A 115

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**WEEK 5**



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JULY 31 – AUGUST 6, 2023, MENUS**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>		<b>SATURDAY</b>		<b>SUNDAY</b>	
<b>JULY 31, 2023</b>		<b>AUGUST 1, 2023</b>		<b>AUGUST 2, 2023</b>		<b>AUGUST 3, 2023</b>		<b>AUGUST 4, 2023</b>		<b>AUGUST 5, 2023</b>		<b>AUGUST 6, 2023</b>	
<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>	
6 OZ CHICKEN AND SAUSAGE JAMBALAYA	1 EA CHICKEN BREAST 1 OZ. W/ORANGE GLAZE	4 OZ BEEF TIPS	4 OZ TURKEY CUTLET W/GRAVY	3 OZ CHICKEN CACCIATORE	3 OZ BAKED FISH	1 EA MUSHROOM BEEF PATTY							
4 OZ CAPRI VEGETABLE	4 OZ SCALLOPED POTATOES	4 OZ BROWN RICE	4 OZ MASHED POTATOES	4 OZ PENNE PASTA W/PARSLEY	4 OZ MACARONI AND CHEESE	1 OZ W/GRAVY							
1 SLI WHEAT BREAD	4 OZ ORIENTAL BLEND	4 OZ GREEN BEANS W/ PEARL ONIONS	4 OZ GREENS	4 OZ ZUCCHINI	4 OZ YELLOW SQUASH	4 OZ MASHED POTATOES							
1 EA SNACK	1 SLI WHEAT BREAD	1 SLI WHEAT BREAD	1 SLI WHEAT BREAD	1 SLI WHEAT BREAD	1 SLI WHEAT BREAD	4 OZ BROCCOLI							
1 EA 2% MILK	1 EA FRESH FRUIT	1 EA FRESH FRUIT	1 EA SNACK	1 EA FRESH FRUIT	1 EA 2% MILK	1 SLI WHEAT BREAD							
	1 EA SNACK	1 EA 2% MILK	1 EA 2% MILK	1 EA SNACK		1 EA 2% MILK							
	1 EA 2% MILK			1 EA 2% MILK									
CALORIES	809	CALORIES	750	CALORIES	540	CALORIES	746	CALORIES	915	CALORIES	650	CALORIES	775
PROTEIN	32	PROTEIN	42	PROTEIN	31	PROTEIN	58	PROTEIN	73	PROTEIN	31	PROTEIN	32
FAT%	17%	FAT%	14%	FAT%	19%	FAT%	21%	FAT%	15%	FAT%	8%	FAT%	17%
SODIUM	804	SODIUM	801	SODIUM	596	SODIUM	765	SODIUM	964	SODIUM	658	SODIUM	357
FIBER	9	FIBER	10	FIBER	7	FIBER	7	FIBER	12	FIBER	9	FIBER	10
VITAMIN A	456	VITAMIN A	132	VITAMIN A	108	VITAMIN A	726	VITAMIN A	201	VITAMIN A	182	VITAMIN A	158

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WEEK 6



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR AUGUST 7 - 13, 2023, MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AUGUST 7, 2023	AUGUST 8, 2023	AUGUST 9, 2023	AUGUST 10, 2023	AUGUST 11, 2023	AUGUST 12, 2023	AUGUST 13, 2023
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	4 OZ FLORENTINE 4 OZ PASTA ALFREDO 4 OZ FLAME ROASTED VEGETABLES 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	4 OZ BEEF TIPS 1 OZ W/MUSHROOM GRAVY 4 OZ MASHED RED 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 EGGPANT, BEEF W/CHEESE CASSEROLE 4 OZ GREEN BEANS 4 EA CRACKERS 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 888	CALORIES 1270	CALORIES 722	CALORIES 727	CALORIES 828	CALORIES 717	CALORIES 687
PROTEIN 39	PROTEIN 63	PROTEIN 32	PROTEIN 32	PROTEIN 25	PROTEIN 33	PROTEIN 46
FAT% 36%	FAT% 31%	FAT% 7%	FAT% 21%	FAT% 30%	FAT% 14%	FAT% 23%
SODIUM 1277	SODIUM 2136	SODIUM 594	SODIUM 652	SODIUM 1164	SODIUM 848	SODIUM 974
FIBER 14	FIBER 17	FIBER 7	FIBER 10	FIBER 11	FIBER 8	FIBER 12
VITAMIN A 371	VITAMIN A 319	VITAMIN A 450	VITAMIN A 272	VITAMIN A 448	VITAMIN A 355	VITAMIN A 225

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**WEEK 7**



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR AUGUST 14 - 20, 2023 MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>AUGUST 14, 2023</b>	<b>AUGUST 15, 2023</b>	<b>AUGUST 16, 2023</b>	<b>AUGUST 17, 2023</b>	<b>AUGUST 18, 2023</b>	<b>AUGUST 19, 2023</b>	<b>AUGUST 20, 2023</b>
<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>
6 OZ SAUSAGE 4 OZ RICE 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 SMOTHERED CHICKEN BREAST 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 PEAS AND CARROTS 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 960	CALORIES 636	CALORIES 819	CALORIES 635	CALORIES 1131	CALORIES 642	CALORIES 700
PROTEIN 37	PROTEIN 39	PROTEIN 40	PROTEIN 41	PROTEIN 55	PROTEIN 29	PROTEIN 36
FAT% 28%	FAT% 14%	FAT% 22%	FAT% 11%	FAT% 55%	FAT% 16%	FAT% 5%
SODIUM 1354	SODIUM 474	SODIUM 539	SODIUM 1173	SODIUM 1232	SODIUM 937	SODIUM 336
FIBER 16	FIBER 10	FIBER 10	FIBER 9	FIBER 10	FIBER 11	FIBER 6
VITAMIN A 490	VITAMIN A 181	VITAMIN A 172	VITAMIN A 325	VITAMIN A 114	VITAMIN A 145	VITAMIN A 122

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**WEEK 8**



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MENU SEPTEMBER 21 - 27, 2023 MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>AUGUST 21, 2023</b>	<b>AUGUST 22, 2023</b>	<b>AUGUST 23, 2023</b>	<b>AUGUST 24, 2023</b>	<b>AUGUST 25, 2023</b>	<b>AUGUST 26, 2023</b>	<b>AUGUST 27, 2023</b>
<b>MEALS ON WHEELS MENU</b>	<b>AUGUST 22, 2023</b>	<b>AUGUST 23, 2023</b>	<b>AUGUST 24, 2023</b>	<b>AUGUST 25, 2023</b>	<b>AUGUST 26, 2023</b>	<b>AUGUST 27, 2023</b>
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 SEASONAL VEGETABLES 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	4 OZ SPAGHETTI 4 OZ ITALIAN GREEN BEANS 4 OZ BROCCOLI 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 HAM 4 OZ MASHED SWEET POTATOES 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK	3 OZ BAKED CHICKEN 4 OZ BUTTERED NOODLES 4 OZ GREEN PEAS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 651	CALORIES 781	CALORIES 740	CALORIES 647	CALORIES 888	CALORIES 724	CALORIES 643
PROTEIN 32	PROTEIN 40	PROTEIN 36	PROTEIN 24	PROTEIN 57	PROTEIN 35	PROTEIN 29
FAT% 18%	FAT% 20%	FAT% 21%	FAT% 7%	FAT% 29%	FAT% 6%	FAT% 5%
SODIUM 683	SODIUM 991	SODIUM 774	SODIUM 492	SODIUM 1148	SODIUM 1138	SODIUM 799
FIBER 8	FIBER 8	FIBER 13	FIBER 11	FIBER 13	FIBER 7	FIBER 8
VITAMIN A 418	VITAMIN A 133	VITAMIN A 674	VITAMIN A 220	VITAMIN A 861	VITAMIN A 792	VITAMIN A 142

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**WEEK 9**



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR AUGUST 28 – SEPTEMBER 3, 2023 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>		<b>SATURDAY</b>		<b>SUNDAY</b>	
<b>AUGUST 28, 2023</b>		<b>AUGUST 29, 2023</b>		<b>AUGUST 30, 2023</b>		<b>AUGUST 31, 2023</b>		<b>SEPTEMBER 1, 2023</b>		<b>SEPTEMBER 2, 2023</b>		<b>SEPTEMBER 3, 2023</b>	
<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>		<b>MEALS ON WHEELS MENU</b>	
6 OZ RED BEANS & SAUSAGE		6 OZ OKRA AND TOMATO SAUSAGE STEW		3 OZ HONEY GARLIC CHICKEN THIGHS		3 OZ BARBECUE PORK		5OZ BBQ MCRIB		3 OZ HAM		1 EA ROSEMARY	
4 OZ BROWN RICE		4 OZ RICE		4 OZ MASHED POTATOES		4 OZ NEW POTATOES		4 OZ BAKED BEANS		4 OZ BLACKEYED PEAS		CHICKEN	
4 OZ COLLARD GREENS		4 OZ GREEN BEANS		4 OZ CALIFORNIA BLEND		4 OZ CAPRI MIX VEG		4 OZ MUSTARD GREENS		4 OZ RICE		4 OZ BROWN RICE	
1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		4 OZ VEGETABLE MEDLEY		PILAF	
1 EA SNACK		1 EA FRESH FRUIT		1 EA FRESH FRUIT		1 EA SNACK		1 EA FRESH FRUIT		1 SLI WHEAT BREAD		4 OZ CREAMED SPINACH	
1 EA 2% MILK		1 EA 2% MILK		1 EA SNACK		1 EA 2% MILK		1 EA SNACK		1 EA 2% MILK		1 SLI WHEAT BREAD	
				1 EA 2% MILK				1 EA 2% MILK				1 EA 2% MILK	
CALORIES	815	CALORIES	955	CALORIES	713	CALORIES	746	CALORIES	798	CALORIES	412	CALORIES	597
PROTEIN	36	PROTEIN	35	PROTEIN	37	PROTEIN	42	PROTEIN	38	PROTEIN	37	PROTEIN	43
FAT%	32%	FAT%	30%	FAT%	15%	FAT%	27%	FAT%	25%	FAT%	7%	FAT%	18%
SODIUM	1244	SODIUM	1225	SODIUM	543	SODIUM	654	SODIUM	1459	SODIUM	1163	SODIUM	935
FIBER	16	FIBER	14	FIBER	10	FIBER	6	FIBER	13	FIBER	9	FIBER	8
VITAMIN A	895	VITAMIN A	109	VITAMIN A	468	VITAMIN A	414	VITAMIN A	122	VITAMIN A	658	VITAMIN A	115

\*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 10**



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR SEPTEMBER 4 - 10, 2023 MENUS**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>SEPTEMBER 4, 2023</b>	<b>SEPTEMBER 5, 2023</b>	<b>SEPTEMBER 6, 2023</b>	<b>SEPTEMBER 7, 2023</b>	<b>SEPTEMBER 8, 2023</b>	<b>SEPTEMBER 9, 2023</b>	<b>SEPTEMBER 10, 2023</b>
<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>
<b>LABOR DAY</b>	1 EA CHICKEN BREAST 1 OZ. W/ORANGE GLAZE 4 OZ WILD RICE 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 BUTTERED MASHED POTATOES 4 OZ BROCCOLI 1 SLI WHEAT BREAD 1 EA 2% MILK
	CALORIES 729	CALORIES 690	CALORIES 819	CALORIES 915	CALORIES 650	CALORIES 675
	PROTEIN 42	PROTEIN 31	PROTEIN 62	PROTEIN 73	PROTEIN 31	PROTEIN 32
	FAT% 10%	FAT% 9%	FAT% 21%	FAT% 15%	FAT% 8%	FAT% 17%
	SODIUM 560	SODIUM 596	SODIUM 751	SODIUM 964	SODIUM 658	SODIUM 1102
	FIBER 11	FIBER 7	FIBER 10	FIBER 12	FIBER 4	FIBER 7
	VITAMIN A 191	VITAMIN A 703	VITAMIN A 552	VITAMIN A 201	VITAMIN A 682	VITAMIN A 158

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**WEEK 11**



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR SEPTEMBER 11 - 17, 2023 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
SEPTEMBER 11, 2023		SEPTEMBER 12, 2023		SEPTEMBER 13, 2023		SEPTEMBER 14, 2023		SEPTEMBER 15, 2023		SEPTEMBER 16, 2023		SEPTEMBER 17, 2023	
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 BLACKENED CHICKEN		4 OZ BEEF TIPS		8 OZ SPAGHETTI W/ MEAT SAUCE		1 EA LASAGNA ROLL		3 OZ LEMON BAKED CATFISH		1 EA BRAISED BONELESS THIGH	
4 OZ WHITE RICE		4 OZ PENNE ALFREDO		1 OZ W/MUSHROOM GRAVY		4 OZ ITALIAN MIX VEGGIES		4 OZ GREEN BEANS		4 OZ BROWN RICE		4 OZ SCALLOPED POTATOES	
4 OZ BRUSSEL SPROUTS		4 OZ FLAME ROASTED VEGETABLES		4 OZ MASHED RED POTATOES		4 OZ SQUASH		1 SLI WHEAT BREAD		1 EA FRESH FRUIT		4 OZ BRUSSEL SPROUTS	
1 EA CORNBREAD		1 SLI WHEAT BREAD		4 OZ BROCCOLI FLORETS		1 SLI WHEAT BREAD		1 EA SNACK		1 EA SNACK		4 OZ GREEN PEAS	
1 EA FRUIT CUP		1 EA FRESH FRUIT		1 SLI WHEAT BREAD		1 EA SNACK		1 EA 2% MILK		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD	
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		1 EA 2% MILK									
CALORIES	888	CALORIES	694	CALORIES	672	CALORIES	727	CALORIES	982	CALORIES	717	CALORIES	687
PROTEIN	39	PROTEIN	48	PROTEIN	32	PROTEIN	32	PROTEIN	48	PROTEIN	33	PROTEIN	46
FAT%	36%	FAT%	18%	FAT%	7%	FAT%	21%	FAT%	28%	FAT%	14%	FAT%	23%
SODIUM	1277	SODIUM	1684	SODIUM	594	SODIUM	652	SODIUM	1062	SODIUM	848	SODIUM	974
FIBER	14	FIBER	9	FIBER	7	FIBER	10	FIBER	16	FIBER	8	FIBER	12
VITAMIN A	671	VITAMIN A	333	VITAMIN A	450	VITAMIN A	272	VITAMIN A	159	VITAMIN A	355	VITAMIN A	525

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**WEEK 12**



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR SEPTEMBER 18 - 24, 2023 MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>SEPTEMBER 18, 2023</b>	<b>SEPTEMBER 19, 2023</b>	<b>SEPTEMBER 20, 2023</b>	<b>SEPTEMBER 21, 2023</b>	<b>SEPTEMBER 22, 2023</b>	<b>SEPTEMBER 23, 2023</b>	<b>SEPTEMBER 24, 2023</b>
<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>	<b>MEALS ON WHEELS MENU</b>
6 OZ SAUSAGE 4 OZ RICE 4 OZ RED BEANS 4 OZ PARSLIED CARROTS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA HAMBURGER STEAK W/GRAVY 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 SMOTHERED CHICKEN 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 BROCCOLI W/ CHEESE 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 904	CALORIES 724	CALORIES 819	CALORIES 635	CALORIES 1177	CALORIES 665	CALORIES 700
PROTEIN 33	PROTEIN 35	PROTEIN 40	PROTEIN 41	PROTEIN 56	PROTEIN 29	PROTEIN 36
FAT% 26%	FAT% 27%	FAT% 22%	FAT% 11%	FAT% 55%	FAT% 16%	FAT% 5%
SODIUM 1259	SODIUM 610	SODIUM 539	SODIUM 1173	SODIUM 1140	SODIUM 937	SODIUM 336
FIBER 17	FIBER 9	FIBER 10	FIBER 9	FIBER 9	FIBER 11	FIBER 6
VITAMIN A 290	VITAMIN A 195	VITAMIN A 172	VITAMIN A 667	VITAMIN A 449	VITAMIN A 145	VITAMIN A 122

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**WEEK 13**



**EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MENU SEPTEMBER 25 - OCTOBER 1, 2023, MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
SEPTEMBER 25, 2023		SEPTEMBER 26, 2023		SEPTEMBER 27, 2023		SEPTEMBER 28, 2023		SEPTEMBER 29, 2023		SEPTEMBER 30, 2023		OCTOBER 1, 2023	
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 CABBAGE 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK		1 EA SWISS STEAK 1 OZ W/GRAVY 4 OZ MASHED POTATOES 4 OZ CARROTS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK		3 OZ CHICKEN 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 HAM 4 OZ MASHED SWEET POTATOES 4 OZ GREEN OF CHOICE 1 SLI WHEAT BREAD 1 EA 2% MILK		3 OZ SAUSAGE/CHICKEN JAMBALAYA 4 OZ WHITE BEANS 4 OZ GREEN BEANS 1 SLI WHITE BREAD 1 EA 2% MILK	
CALORIES	651	CALORIES	776	CALORIES	708	CALORIES	920	CALORIES	888	CALORIES	674	CALORIES	755
PROTEIN	32	PROTEIN	39	PROTEIN	33	PROTEIN	49	PROTEIN	57	PROTEIN	36	PROTEIN	42
FAT%	18%	FAT%	21%	FAT%	21%	FAT%	21%	FAT%	29%	FAT%	6%	FAT%	13%
SODIUM	683	SODIUM	1154	SODIUM	873	SODIUM	1197	SODIUM	1146	SODIUM	1154	SODIUM	526
FIBER	8	FIBER	7	FIBER	11	FIBER	13	FIBER	13	FIBER	7	FIBER	13
VITAMIN A	418	VITAMIN A	858	VITAMIN A	824	VITAMIN A	182	VITAMIN A	861	VITAMIN A	139	VITAMIN A	169

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