



WEEK 1



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR JULY 3 - 7, 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 3, 2023	JULY 4, 2023	JULY 5, 2023	JULY 6, 2023	JULY 7, 2023
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
HAPPY 4TH OF JULY	HAPPY 4TH OF JULY	1 EA BAKED PORK CHOP 4 OZ MASHED SWEET POTATOES 4 OZ GREEN BEAN 1 SLI WHEAT BREAD 4 OZ FRESH FRUIT 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 HOT DOGS W/CHILI & CHEESE 1 OZ BAKED LAYS 4 OZ COLESLAW 2 EA COOKIES 1 EA FRESH FRUIT 1 EA 2% MILK
		CALORIES 636	CALORIES 715	CALORIES 854
		PROTEIN 43	PROTEIN 30	PROTEIN 41
		FAT% 20%	FAT% 18%	FAT% 28%
		SODIUM 342	SODIUM 638	SODIUM 576
		FIBER 9	FIBER 10	FIBER 12
		VITAMIN A 898	VITAMIN A 286	VITAMIN A 394

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WEEK 2



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR JULY 10 - 14, 2023 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
JULY 10, 2023		JULY 11, 2023		JULY 12, 2023		JULY 13, 2023		JULY 14, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ SAUSAGE		3 OZ LEMON BAKED CHICKEN		1 EA BOURBON CHICKEN THIGHS		1 EA HAMBURGER STEAK		FRIED CHICKEN FRIDAY	
4 OZ RICE		4 OZ WILD RICE		4 OZ SCALLOPED POTATOES		1 OZ GRAVY W/ONION & PEPPER GRAVY		3 OZ FRIED CHICKEN	
4 OZ WHITE BEANS		4 OZ BRUSSEL SPROUTS		4 OZ CALIFORNIA BLEND		4 OZ BROWN RICE		4 OZ BROCCOLI and RICE CASSEROLE	
4 OZ PARSLIED CARROTS		1 EA WHEAT BREAD		1 EA WHEAT ROLL		4 OZ MIXED VEGETABLES		4 OZ TOSSED GREEN SALAD	
1 SLI WHEAT BREAD		1 EA LEMON SQUARES		4 OZ PEACH COBBLER		1 SLI WHEAT BREAD		1 SLI WHEAT ROLL	
4 OZ GELATIN w/FRUIT COCKTAIL		1 EA 2% MILK		1 EA 2% MILK		4 OZ DICED PEARS		1 SLI BIRTHDAY CAKE	
1 EA 2% MILK						1 PC YELLOW CAKE		1 EA 2% MILK	
1 EA 2% MILK						1 EA 2% MILK			
CALORIES	703	CALORIES	674	CALORIES	824	CALORIES	785	CALORIES	946
PROTEIN	35	PROTEIN	39	PROTEIN	43	PROTEIN	41	PROTEIN	35
FAT%	24%	FAT%	14%	FAT%	22%	FAT%	18%	FAT%	36%
SODIUM	1106	SODIUM	468	SODIUM	1509	SODIUM	1275	SODIUM	1285
FIBER	14	FIBER	9	FIBER	8	FIBER	11	FIBER	11
VITAMIN A	585	VITAMIN A	181	VITAMIN A	367	VITAMIN A	630	VITAMIN A	584

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WEEK 3



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU JULY 17 - 21, 2023 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
JULY 17, 2023		JULY 18, 2023		JULY 19, 2023		JULY 20, 2023		JULY 21, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ BEEF STEW		2 EA BEEF TACOS		6 OZ SUCCOTASH		4 OZ MEATSAUCE W/		1 EA BARBECUE CHICKEN	
4 OZ BROWN RICE		4 OZ SPANISH RICH		4 OZ RICE		4 OZ SPAGHETTI		SANDWICH	
4 OZ BROCCOLI FLORETS		4 OZ REFRIED BEANS		4 OZ LIMA BEANS		4 OZ ITALIAN GREEN		4 OZ ROASTED POTATO	
1 SLI WHEAT BREAD		2 EA SUGAR COOKIES		1 SLI WHEAT BREAD		BEANS		FRIES	
1 PC STRAWBERRY		1 EA 2% MILK		1 PC YELLOW CAKE		4 OZ GREEN SALAD		4 OZ BROCCOLI SLAW	
SHORTCAKE				1 OZ w/CHOCOLATE		1 SLI GARLIC BREAD		2 EA PEANUT BUTTER	
1 EA 2% MILK				ICING		4 OZ BAKED APPLES		COOKIES	
				1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK	
CALORIES	55	CALORIES	1083	CALORIES	836	CALORIES	945	CALORIES	1132
PROTEIN	34	PROTEIN	45	PROTEIN	49	PROTEIN	31	PROTEIN	55
FAT%	18%	FAT%	30%	FAT%	23%	FAT%	48%	FAT%	36%
SODIUM	648	SODIUM	1797	SODIUM	772	SODIUM	1304	SODIUM	1635
FIBER	8	FIBER	12	FIBER	15	FIBER	11	FIBER	6
VITAMIN A	900	VITAMIN A	402	VITAMIN A	786	VITAMIN A	553	VITAMIN A	235

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WEEK 4



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU JULY 24 - 28, 2023 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
JULY 24, 2023		JULY 25, 2023		JULY 26, 2023		JULY 27, 2023		JULY 28, 2023	
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	HAMBURGER STEAK	1 EA	TURKEY BURGER
4 OZ	BROWN RICE	4 OZ	FRIED RICE	4 OZ	BROWN RICE	4 OZ	MASHED POTATOES	4 OZ	BAKED BEANS
4 OZ	COLLARD GREENS	4 OZ	GREEN BEANS	4 OZ	COPPER PENNY CARROTS	1 OZ.	W/GRAVY	1 EA	LETTUCE & TOMATO
1 EA	CORNBREAD	1 EA	WHEAT ROLL	1 SLI	WHEAT BREAD	4 OZ	BROCCOLI	1 EA	WHEAT BUN
4 OZ	APPLE CRISP	4 OZ	PEACH COBBLER	4 OZ	PINEAPPLE CHUNKS	1 EA	SWEET ROLL	1 EA	BANANA
1 EA	2% MILK	1 EA	2% MILK	2 EA	OATMEAL COOKIES	1 PC	CHOCOLATE CAKE	1 EA	BROWNIE
				1 EA	2% MILK	1 EA	2% MILK	1 EA	2% MILK
CALORIES	894	CALORIES	887	CALORIES	953	CALORIES	740	CALORIES	923
PROTEIN	25	PROTEIN	31	PROTEIN	41	PROTEIN	32	PROTEIN	40
FAT%	30%	FAT%	34%	FAT%	26%	FAT%	33%	FAT%	27%
SODIUM	1403	SODIUM	978	SODIUM	744	SODIUM	1249	SODIUM	973
FIBER	15	FIBER	12	FIBER	10	FIBER	7	FIBER	14
VITAMIN A	898	VITAMIN A	134	VITAMIN A	110	VITAMIN A	211	VITAMIN A	155

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WEEK 5



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU JULY 31 – AUGUST 1, 2023, MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
JULY 31, 2023		AUGUST 1, 2023		AUGUST 2, 2023		AUGUST 3, 2023		AUGUST 4, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
1 EA	SAUSAGE /CHICKEN JAMBALAYA	1 EA	SALISBURY STEAK	1 EA	BOURBON CHICKEN THIGH	1 EA	PULLED PORK SANDWICH	1 EA	CHICKEN SALAD SANDWICH
4 OZ	WHITE BEANS	4 OZ	BROWN RICE	4 OZ	SCALLOPED POTATOES	4 OZ	BAKED BEANS	1 OZ	POTATO CHIPS
4 OZ	PARSLIED CARROTS	4 OZ	GREEN BEANS W/ PEARL ONIONS	4 OZ	CALIFORNIA BLEND	4 OZ	TOMATO AND CUCUMBER SALAD	1 EA	LETTUCE & TOMATO
1 SL	WHEAT BREAD	1 EA	SOFT ROLL	1 SL	WHEAT BREAD	4 OZ	FRUIT COCKTAIL	4 EA	ORANGE SECTIONS
1 EA	ORANGE	1 EA	2% MILK	2 EA	SUGAR COOKIES	2 EA	PEANUT BUTTER COOKIES	1 EA	BROWNIE
1 EA	2% MILK			1 EA	2% MILK	1 EA	2% MILK	1 EA	2% MILK
CALORIES	846	CALORIES	845	CALORIES	792	CALORIES	1015	CALORIES	754
PROTEIN	45	PROTEIN	34	PROTEIN	45	PROTEIN	43	PROTEIN	32
FAT%	14%	FAT%	39%	FAT%	22%	FAT%	38%	FAT%	29%
SODIUM	677	SODIUM	924	SODIUM	1167	SODIUM	1385	SODIUM	812
FIBER	19	FIBER	4	FIBER	7	FIBER	11	FIBER	7
VITAMIN A	296	VITAMIN A	949	VITAMIN A	490	VITAMIN A	132	VITAMIN A	133

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WEEK 6



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR AUGUST 7 - 13, 2023 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
AUGUST 7, 2023		AUGUST 8, 2023		AUGUST 9, 2023		AUGUST 10, 2023		AUGUST 11, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
8 OZ	WHITE BEANS W/ SAUSAGE	1 EA	BARBECUE CHICKEN	1 EA	CHEF'S SALAD W/ CHICKEN AND HAM	8 OZ	SPAGHETTI W/ MEAT SAUCE	1 EA	TUNA SALAD SANDWICH
4 OZ	WHITE RICE	4 OZ	BAKED BEANS	1 OZ	DRESSING	4 OZ	SQUASH	1 OZ	POTATO CHIPS
4 OZ	GREENS	4 OZ	GREEN BEANS	4 OZ	CUCUMBER SALAD	4 OZ	ITALIAN MIX VEG	1 EA	LETTUCE & TOMATO
1 EA	CORNBREAD	1 SLI	WHEAT BREAD	4 EA	CRACKERS	1 EA	WHEAT ROLL	2 SLI	WHEAT BREAD
1 EA	FRESH FRUIT	4 OZ	BANANA PUDDING	2 EA	CHOCOLATE CHIP COOKIES	1 PC	CHOCOLATE CAKE	1 EA	POPSICLE
1 EA	2% MILK	1 EA	2% MILK	1 EA	2% MILK	1 EA	2% MILK	1 EA	2% MILK
CALORIES	813	CALORIES	999	CALORIES	886	CALORIES	779	CALORIES	630
PROTEIN	36	PROTEIN	47	PROTEIN	30	PROTEIN	34	PROTEIN	29
FAT%	34%	FAT%	29%	FAT%	47%	FAT%	25%	FAT%	13%
SODIUM	1142	SODIUM	1743	SODIUM	1052	SODIUM	661	SODIUM	806
FIBER	12	FIBER	15	FIBER	5	FIBER	11	FIBER	8
VITAMIN A	739	VITAMIN A	486	VITAMIN A	309	VITAMIN A	295	VITAMIN A	459

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WEEK 7



EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR AUGUST 14 - 18, 2023, MENU.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
AUGUST 14, 2023		AUGUST 15, 2023		AUGUST 16, 2023		AUGUST 17, 2023		AUGUST 18, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ SAUSAGE		3 OZ JERK CHICKEN		1 EA SMOTHERED PORK		3 OZ SMOTHERED CHICKEN		1 EA BEEF SAUSAGE POBOY	
4 OZ RICE		4 OZ WILD RICE		CHOP				4 OZ COLESLAW	
4 OZ RED BEANS		4 OZ BRUSSEL SPROUTS		4 OZ MASHED POTATOES		1 OZ GRAVY W/ONION & PEPPER GRAVY		4 OZ PEACHES OR NECTARINES	
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	
4 OZ GELATIN w/FRUIT COCKTAIL		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			
CALORIES	682	CALORIES	656	CALORIES	648	CALORIES	695	CALORIES	1319
PROTEIN	32	PROTEIN	39	PROTEIN	38	PROTEIN	41	PROTEIN	40
FAT%	20%	FAT%	14%	FAT%	25%	FAT%	11%	FAT%	33%
SODIUM	896	SODIUM	474	SODIUM	431	SODIUM	1178	SODIUM	2023
FIBER	12	FIBER	9	FIBER	8	FIBER	11	FIBER	11
VITAMIN A	321	VITAMIN A	381	VITAMIN A	482	VITAMIN A	667	VITAMIN A	684

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WEEK 8



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU AUGUST 21 - 25, 2023 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
AUGUST 21, 2023		AUGUST 22, 2023		AUGUST 23, 2023		AUGUST 24, 2023		AUGUST 25, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ POT ROAST		2 EA BEEF TACOS		6 OZ SUCCOTASH		6 OZ CHICKEN		1 EA BARBECUE CHICKEN	
1 OZ GRAVY		4 OZ SPANISH RICE		4 OZ RICE		SPAGHETTI		SANDWICH	
4 OZ BUTTERED RICE		4 OZ REFRIED BEANS		4 OZ LIMA BEANS		4 OZ ITALIAN GREEN		4 OZ ROASTED POTATO	
4 OZ BROCCOLI FLORETS		2 EA SUGAR COOKIES		1 SLI WHEAT BREAD		BEANS		FRIES	
1 SLI WHEAT BREAD		1 EA 2% MILK		1 PC YELLOW CAKE		4 OZ GREEN SALAD		4 OZ BROCCOLI SLAW	
1 PC STRAWBERRY				1 OZ w/CHOCOLATE		1 SLI GARLIC BREAD		2 EA PEANUT BUTTER	
SHORTCAKE				ICING		4 OZ BAKED APPLES		COOKIES	
1 EA 2% MILK				1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK	
CALORIES	633	CALORIES	1083	CALORIES	836	CALORIES	945	CALORIES	1132
PROTEIN	37	PROTEIN	45	PROTEIN	49	PROTEIN	31	PROTEIN	55
FAT%	16%	FAT%	30%	FAT%	23%	FAT%	42%	FAT%	58%
SODIUM	693	SODIUM	1797	SODIUM	772	SODIUM	1304	SODIUM	1635
FIBER	6	FIBER	12	FIBER	15	FIBER	11	FIBER	6
VITAMIN A	142	VITAMIN A	402	VITAMIN A	766	VITAMIN A	554	VITAMIN A	235

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WEEK 9



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU AUGUST 28 – SEPTEMBER 1, 2023, MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
AUGUST 28, 2023		AUGUST 29, 2023		AUGUST 30, 2023		AUGUST 31, 2023		SEPTEMBER 1, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	RED BEANS & SAUSAGE	3 OZ	SAUSAGE	2 EA	HONEY GARLIC BONELESS CHICKEN THIGHS	3 OZ	LEMON PEPPER CATFISH	1 EA	CHEESEBURGER
4 OZ	BROWN RICE	4 OZ	CORN AND OKRA			4 OZ	ROASTED POTATOES	4 OZ	BAKED BEANS
4 OZ	COLLARD GREENS	4 OZ	RICE	4 OZ	MASHED POTATOES	4 OZ	GREEN SALAD	1 EA	LETTUCE & TOMATO
1 EA	CORNBREAD	4 OZ	GREEN BEANS	4 OZ	CALIFORNIA BLEND	1 EA	BANANA	1 EA	WHEAT BUN
1 EA	BANANA	1 EA	WHEAT ROLL	1 SLI	WHEAT BREAD	2 EA	PEANUT BUTTER COOKIES	1 EA	FRESH FRUIT
4 OZ	APPLE CRISP	2 EA	SUGAR COOKIES	2 EA	OATMEAL COOKIES	1 EA	2% MILK	1 EA	BROWNIE
1 EA	2% MILK	1 EA	2% MILK	1 EA	2% MILK			1 EA	2% MILK
CALORIES	894	CALORIES	864	CALORIES	660	CALORIES	971	CALORIES	940
PROTEIN	35	PROTEIN	26	PROTEIN	36	PROTEIN	35	PROTEIN	40
FAT%	40%	FAT%	35%	FAT%	15%	FAT%	44%	FAT%	27%
SODIUM	1403	SODIUM	1236	SODIUM	543	SODIUM	811	SODIUM	1576
FIBER	15	FIBER	9	FIBER	8	FIBER	8	FIBER	14
VITAMIN A	898	VITAMIN A	180	VITAMIN A	464	VITAMIN A	329	VITAMIN A	155

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WEEK 10



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU SEPTEMBER 4 - 8, 2023 MENU

MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SEPTEMBER 4, 2023	SEPTEMBER 5, 2023		SEPTEMBER 6, 2023		SEPTEMBER 7, 2023		SEPTEMBER 8, 2023	
LUNCH	LUNCH		LUNCH		LUNCH		LUNCH	
LABOR DAY	4 OZ	ROTINI PASTA SALAD	1 EA	HONEY GARLIC CHICKEN THIGH	1 EA	PULLED PORK SANDWICH	1 EA	CHICKEN SALAD SANDWICH
	3 OZ	w/ DICED TURKEY						
	4 OZ	BROCCOLI SLAW	4 OZ	SCALLOPED POTATOES	4 OZ	BAKED BEANS	1 OZ	POTATO CHIPS
	4 EA	CRACKERS			4 OZ	TOMATO AND CUCUMBER SALAD	1 EA	LETTUCE & TOMATO
	4 OZ	DESSERT	4 OZ	CALIFORNIA BLEND			4 EA	ORANGE SECTIONS
	1 EA	2% MILK	1 SL	WHEAT BREAD	4 OZ	FRUIT COCKTAIL	1 EA	BROWNIE
			2 EA	OATMEAL COOKIES	2 EA	PEANUT BUTTER COOKIES	1 EA	2% MILK
			1 EA	2% MILK		1 EA	2% MILK	
	CALORIES	799	CALORIES	868	CALORIES	1015	CALORIES	754
	PROTEIN	43	PROTEIN	47	PROTEIN	43	PROTEIN	32
	FAT%	42%	FAT%	25%	FAT%	38%	FAT%	29%
	SODIUM	853	SODIUM	2315	SODIUM	1385	SODIUM	1321
	FIBER	3	FIBER	8	FIBER	11	FIBER	7
	VITAMIN A	417	VITAMIN A	526	VITAMIN A	322	VITAMIN A	329

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WEEK 11



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR SEPTEMBER 11 - 15, 2023 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SEPTEMBER 11, 2023		SEPTEMBER 12, 2023		SEPTEMBER 13, 2023		SEPTEMBER 14, 2023		SEPTEMBER 15, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
8 OZ	WHITE BEANS W/ SAUSAGE	1 EA	BLACKENED CHICKEN	1 EA	BAKED PORK CHOP	8 OZ	SPAGHETTI W/ MEAT SAUCE	2 EA	HOT DOGS W/CHILI AND CHEESE
4 OZ	WHITE RICE	4 OZ	PENNE ALFREDO	4 OZ	MASHED SWEET POTATOES	4 OZ	SQUASH	1 OZ	BAKED LAYS
4 OZ	GREENS	4 OZ	CAESAR SALAD	4 OZ	GREEN BEANS	4 OZ	ITALIAN MIX VEG	4 OZ	COLESLAW
1 EA	CORNBREAD	1 SLI	GARLIC BREAD	1 SLI	WHEAT BREAD	1 EA	WHEAT ROLL	4 OZ	BAKED APPLE SLICES
1 EA	FRUIT CUP	1 EA	2% MILK	1 EA	RICE KRISPY TREAT	1 PC	CHOCOLATE CAKE	2 SLI	HOMEMADE BIRTHDAY CAKE
1 EA	2% MILK			1 EA	2% MILK	1 EA	2% MILK	1 EA	2% MILK
CALORIES	737	CALORIES	804	CALORIES	736	CALORIES	715	CALORIES	1237
PROTEIN	34	PROTEIN	48	PROTEIN	43	PROTEIN	30	PROTEIN	50
FAT%	33%	FAT%	34%	FAT%	9%	FAT%	21%	FAT%	46%
SODIUM	1142	SODIUM	1872	SODIUM	342	SODIUM	638	SODIUM	2350
FIBER	12	FIBER	5	FIBER	9	FIBER	10	FIBER	10
VITAMIN A	768	VITAMIN A	769	VITAMIN A	792	VITAMIN A	372	VITAMIN A	717

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WEEK 12



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR SEPTEMBER 18 -22, 2023 MENU.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SEPTEMBER 18, 2023		SEPTEMBER 19, 2023		SEPTEMBER 20, 2023		SEPTEMBER 21, 2023		SEPTEMBER 22, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ SAUSAGE		3 OZ HAMBURGER STEAK		1 EA SMOTHERED PORK		1 EA SMOTHERED		3 OZ BEEF SAUSAGE POBOY	
4 OZ RICE		1 OZ W/GRAVY		CHOP		CHICKEN		4 OZ COLESLAW	
4 OZ WHITE BEANS		4 OZ WILD RICE		4 OZ MASHED POTATOES		1 OZ GRAVY W/ONION		4 OZ PEACHES OR	
4 OZ PARSLIED CARROTS		4 OZ BRUSSEL SPROUTS		4 OZ GREEN BEANS		& PEPPER GRAVY		NECTARINES	
1 SLI WHEAT BREAD		1 EA WHEAT BREAD		1 EA WHEAT ROLL		4 OZ BROWN RICE		1 SLI WHEAT BREAD	
4 OZ GELATIN w/FRUIT		4 OZ APPLESAUCE		4 OZ APPLE COBBLER		4 OZ MIXED VEGETABLES		2 EA CHOCOLATE CHIPS	
COCKTAIL		1 EA LEMON SQUARES		1 EA 2% MILK		1 SLI WHEAT BREAD		COOKIES	
1 EA 2% MILK		1 EA 2% MILK				4 OZ DICED PEARS		1 EA 2% MILK	
						1 PC YELLOW CAKE			
						1 EA 2% MILK			
CALORIES	703	CALORIES	777	CALORIES	658	CALORIES	695	CALORIES	1319
PROTEIN	35	PROTEIN	35	PROTEIN	37	PROTEIN	41	PROTEIN	40
FAT%	21%	FAT%	27%	FAT%	18%	FAT%	11%	FAT%	59%
SODIUM	1106	SODIUM	620	SODIUM	469	SODIUM	1178	SODIUM	2023
FIBER	14	FIBER	12	FIBER	8	FIBER	11	FIBER	11
VITAMIN A	292	VITAMIN A	195	VITAMIN A	157	VITAMIN A	667	VITAMIN A	684

*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 SEPTEMBER 25 – 29, 2023 MENU

MONDAY SEPTEMBER 25, 2023		TUESDAY SEPTEMBER 26, 2023		WEDNESDAY SEPTEMBER 27, 2023		THURSDAY SEPTEMBER 28, 2023		FRIDAY SEPTEMBER 29, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ POT ROAST		1 EA CHICKEN SALAD ON BUN		4 OZ BEEF TIPS W/ MUSHROOM GRAVY		3 OZ BLACKENED CATFISH		1 EA BARBECUE CHICKEN SANDWICH	
1 OZ GRAVY		1 EA LETTUCE LEF/TOMATO SLICE		4 OZ MASHED POTATOES		4 OZ POTATOES AUGRATIN		4 OZ BAKED BEANS	
4 OZ BUTTERED RICE		4 OZ MARINATED TOMATOES AND ONIONS		4 OZ BROCCOLI FLORETS		4 OZ GLAZED CARROTS		4 OZ CARROT SALAD	
4 OZ BROCCOLI FLORETS		2 EA CHOCOLATE CHIP COOKIES		1 EA WHEAT ROL		1 EA HERB ROLL		2 EA PEANUT BUTTER COOKIES	
1 SLI WHEAT BREAD		1 EA 2% MILK		4 OZ PEARS		1 EA 2% MILK		1 EA 2% MILK	
1 PC STRAWBERRY SHORTCAKE				1 EA 2% MILK					
1 EA 2% MILK									
CALORIES 633		CALORIES 922		CALORIES 658		CALORIES 837		CALORIES 1062	
PROTEIN 37		PROTEIN 36		PROTEIN 32		PROTEIN 32		PROTEIN 51	
FAT% 16%		FAT% 42%		FAT% 6%		FAT% 36%		FAT% 41%	
SODIUM 693		SODIUM 870		SODIUM 366		SODIUM 1883		SODIUM 1602	
FIBER 7		FIBER 7		FIBER 9		FIBER 8		FIBER 12	
VITAMIN A 142		VITAMIN A 433		VITAMIN A 151		VITAMIN A 149		VITAMIN A 991	

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