



WEEK 1



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR OCTOBER 2 - 6, 2023 MENU

MONDAY OCTOBER 2, 2023		TUESDAY OCTOBER 3, 2023		WEDNESDAY OCTOBER 4, 2023		THURSDAY OCTOBER 5, 2023		FRIDAY OCTOBER 6, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. BAKED CHICKEN 4OZ. SWEET POTATO CASSEROLE 4OZ. BROCCOLI 1 SLI WHEAT BREAD 1 EA. ORANGE 1 EA. 2% MILK		6 OZ. MEATSAUCE & SPAGHETTI 4 OZ. ITALIAN GREEN BEANS 1 SLI WHEAT BREAD 1 EA. FRUIT COCKTAIL 1 SLI YELLOW CAKE W/ICING 1 EA. 2% MILK		1 EA SMOTHERED PORK CHOP 4 OZ. RICE & GRAVY 4 OZ. MUSTARD GREENS 1 EA. CORNBREAD 1 EA. DICED PEARS 1 EA. 2% MILK		6 OZ. HOMEMADE VEGETABLE BEEF SOUP 4 OZ. BROWN RICE 4 OZ. GREEN SALAD 1 EA. WHEAT ROLL 1 SLI. SPICE CAKE 1 EA 2% MILK		1 EA TURKEY BURGER ON BUN 1 OZ. BAKED CHIPS 4 OZ. MARINATED CUCUMBER/TOMATO SALAD 1 EA BROWNIE 1 EA 2% MILK	
CALORIES	685	CALORIES	634	CALORIES	687	CALORIES	714	CALORIES	871
PROTEIN	35	PROTEIN	24	PROTEIN	38	PROTEIN	22	PROTEIN	38
FAT%	24%	FAT%	28%	FAT%	23%	FAT%	9%	FAT%	34%
SODIUM	501	SODIUM	908	SODIUM	913	SODIUM	583	SODIUM	1812
FIBER	6	FIBER	12	FIBER	6	FIBER	6	FIBER	5
VITAMIN A	456	VITAMIN A	367	VITAMIN A	331	VITAMIN A	723	VITAMIN A	203

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WEEK 2



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR OCTOBER 9 - 13, 2023 MENU

MONDAY OCTOBER 9, 2023		TUESDAY OCTOBER 10, 2023		WEDNESDAY OCTOBER 11, 2023		THURSDAY OCTOBER 12, 2023		FRIDAY OCTOBER 13, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. SMOKED SAUSAGE		3 OZ. HAMBURGER STEAK		1 EA COBB SALAD		1 EA. ROASTED CHICKEN		1 EA SHRIMP ROLL	
4 OZ. RICE		W/GRAVY		4 OZ GREEN PEAS		LEG		4 OZ. BAKED CHIPS	
4 OZ. RED BEANS		4 OZ. RICE		1 EA. GARLIC BREAD		4 OZ. RICE DRESSING		4 OZ. TOSSED SALAD	
4 OZ. TURNIP GREENS		4 OZ. BROCCOLI FLORETS		4 OZ. PEACHES		4 OZ. SLICED CARROTS		1 EA BANANA	
1 EA. WHEAT ROLL		1 SLI WHEAT BREAD		1 EA 2% MILK		1 SLI WHEAT BREAD		1 EA OATMEAL RAISIN	
1 EA. RICE KRISPY TREAT		4 OZ. MANDARIN				4 OZ. APPLE COBBLER		COOKIE	
1 EA 2% MILK		ORANGES				1 EA 2% MILK		1 EA 2% MILK	
		1 SLI. POUND CAKE							
		1 EA 2% MILK							
CALORIES	686	CALORIES	663	CALORIES	692	CALORIES	697	CALORIES	795
PROTEIN	31	PROTEIN	35	PROTEIN	29	PROTEIN	40	PROTEIN	24
FAT%	25%	FAT%	22%	FAT%	28%	FAT%	23%	FAT%	35%
SODIUM	857	SODIUM	904	SODIUM	877	SODIUM	817	SODIUM	957
FIBER	13	FIBER	7	FIBER	11	FIBER	8	FIBER	8
VITAMIN A	332	VITAMIN A	481	VITAMIN A	385	VITAMIN A	257	VITAMIN A	459

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WEEK 3



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR OCTOBER 16 - 20, 2023 MENU

MONDAY OCTOBER 16, 2023		TUESDAY OCTOBER 17, 2023		WEDNESDAY OCTOBER 18, 2023		THURSDAY OCTOBER 19, 2023		FRIDAY OCTOBER 20, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ.	CHICKEN/SAUSAGE GUMBO	3 OZ.	MEATLOAF w/RED GRAVY	3 OZ.	BAKED HAM	3 OZ.	BARBECUE CHICKEN BREAST	1 EA.	CHICKEN SALAD SANDWICH on WHEAT BREAD
4 OZ.	RICE	4 OZ.	STEAMED BROWN RICE	4 OZ.	CANDIED YAMS	4 OZ.	MACARONI & CHEESE	4 OZ.	BAKED CHIPS
4 OZ.	POTATO SALAD	4 OZ.	CALIFORNIA MIXED VEGETABLES	4 OZ.	GREEN BEAN CASSEROLE	4 OZ.	SPINACH	4 OZ.	MARINATED TOMATOES/ONIONS
1 EA.	WHEAT ROLL	1 SLI	WHEAT BREAD	1 EA.	WHEAT ROLL	1 SLI	WHEAT BREAD	1 EA.	APPLE
1 EA.	ORANGE	4 OZ.	PINEAPPLES	4 OZ.	PEACH COBBLER	4 OZ.	DICED PEARS	1 SLI	ANGEL FOOD CAKE
1 EA.	2% MILK	1 EA.	SUGAR COOKIE	1 EA.	2% MILK	1 EA.	SUGAR COOKIE	1 EA.	2% MILK
1 EA.	2% MILK	1 EA.	2% MILK			1 EA.	2% MILK		
CALORIES	850	CALORIES	663	CALORIES	679	CALORIES	744	CALORIES	772
PROTEIN	36	PROTEIN	29	PROTEIN	34	PROTEIN	43	PROTEIN	30
FAT%	34%	FAT%	26%	FAT%	13%	FAT%	16%	FAT%	30%
SODIUM	1243	SODIUM	757	SODIUM	1389	SODIUM	1055	SODIUM	702
FIBER	8	FIBER	7	FIBER	8	FIBER	11	FIBER	11
VITAMIN A	330	VITAMIN A	871	VITAMIN A	698	VITAMIN A	200	VITAMIN A	404

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WEEK 4



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR OCTOBER 23 – 27, 2023 MENU

MONDAY OCTOBER 23, 2023		TUESDAY OCTOBER 24, 2023		WEDNESDAY OCTOBER 25, 2023		THURSDAY OCTOBER 26, 2023		FRIDAY OCTOBER 27, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. GLAZED HAM		3 OZ. PEPPER STEAK		3 OZ. SMOKED SAUSAGE		6 OZ. TURKEY SPAGHETTI		1 EA. TUNA SANDWICH ON WHEAT	
4 OZ. BLACKEYED PEAS		4 OZ. STEAMED RICE		4 OZ. BROWN RICE		4 OZ. CALIFORNIA MIXED VEGETABLES		4 OZ. BAKED CHIPS	
4 OZ. GREENS		4 OZ. GREEN BEANS		4 OZ. OKRA AND TOMATOES		1 SLI GARLIC BREAD		4 OZ. TOSSED SALAD	
1 EA. CORNBREAD		1 SLI WHEAT BREAD		1 EA. WHEAT ROLL		1 PC. PINEAPPLE UPSIDE DOWN CAKE		4 OZ. RAISIN/CARROT SALAD	
1 PC. GERMAN CHOCOLATE CAKE		4 OZ. BANANA PUDDING		1 EA. FRESH FRUIT		1 EA. 2% MILK		4 OZ. BAKED APPLE SLICES	
1 EA. 2% MILK		1 EA. 2% MILK		1 SLI. CHOCOLATE CAKE W/FROSTING				1 EA. 2% MILK	
1 EA. 2% MILK				1 EA. 2% MILK					
CALORIES	651	CALORIES	774	CALORIES	791	CALORIES	889	CALORIES	751
PROTEIN	37	PROTEIN	36	PROTEIN	18	PROTEIN	58	PROTEIN	32
FAT%	15%	FAT%	26%	FAT%	33%	FAT%	24%	FAT%	24%
SODIUM	1527	SODIUM	848	SODIUM	1499	SODIUM	5713	SODIUM	857
FIBER	6	FIBER	10	FIBER	11	FIBER	6	FIBER	10
VITAMIN A	615	VITAMIN A	263	VITAMIN A	991	VITAMIN A	185	VITAMIN A	39

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WEEK 5



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR OCTOBER 30 - NOVEMBER 3, 2023 MENU

MONDAY OCTOBER 30, 2023		TUESDAY OCTOBER 31, 2023		WEDNESDAY NOVEMBER 1, 2023		THURSDAY NOVEMBER 2, 2023		FRIDAY NOVEMBER 3, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. SAUSAGE		3 OZ. MEATLOAF		3 OZ. CHICKEN STIR FRY		6 OZ. CHICKEN BREAST		1 EA. HAMBURGER ON	
4 OZ. RED BEANS		4 OZ. MASHED POTATOES		4 OZ. BROWN RICE		1 OZ. ONIONS AND		WHEAT BUN	
4 OZ. RICE		4 OZ. BROCCOLI		4 OZ. BROCCOLI		PEPPERS		1 EA. RELISH PLATE	
4 OZ. MUSTARD GREENS		1 EA. WHEAT ROLL		1 EA. FRENCH BREAD		4 OZ. BROWN RICE		4 OZ. FRENCH FRIES	
1 EA. CORNBREAD		4 OZ. BREAD PUDDING		4 OZ. MANDARIN		4 OZ. GREEN BEANS		4 OZ. COLESLAW	
1 EA. FRESH FRUIT		1 EA. 2% MILK		ORANGES		1 EA. WHEAT ROLL		1 EA. BANANA	
1 PC. YELLOW CAKE				1 PC. SPONGE CAKE		1 EA. FRESH FRUIT		1 EA. 2% MILK	
1 EA. 2% MILK				1 EA. 2% MILK		1 PC. APPLE CAKE			
1 EA. 2% MILK				1 EA. 2% MILK		1 EA. 2% MILK			
CALORIES	609	CALORIES	962	CALORIES	749	CALORIES	1147	CALORIES	852
PROTEIN	28	PROTEIN	35	PROTEIN	30	PROTEIN	41	PROTEIN	31
FAT%	13%	FAT%	38%	FAT%	18%	FAT%	51%	FAT%	36%
SODIUM	913	SODIUM	931	SODIUM	1078	SODIUM	1198	SODIUM	925
FIBER	12	FIBER	9	FIBER	7	FIBER	10	FIBER	9
VITAMIN A	295	VITAMIN A	378	VITAMIN A	495	VITAMIN A	875	VITAMIN A	450

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WEEK 6



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR NOVEMBER 6 - 10, 2023 MENU

MONDAY NOVEMBER 6, 2023		TUESDAY NOVEMBER 7, 2023		WEDNESDAY NOVEMBER 8, 2023		THURSDAY NOVEMBER 9, 2023		FRIDAY NOVEMBER 10, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. MEATSAUCE & SPAGHETTI		1 EA SMOTHERED PORK CHOP		8 OZ. CHEF SALAD (CHICKEN, TURKEY, LETTUCE, TOMATO, EGG)		8 OZ. JAMBALAYA		1 EA CHICKEN SALAD ON CROISSANT	
4 OZ. ITALIAN GREEN BEANS		4 OZ. MASHED POTATOES		4 OZ. CARROT RAISIN SALAD		4 OZ. WHITE BEANS		1 OZ. BAKED CHIPS	
1 SLI WHEAT BREAD		4 OZ. MUSTARD GREENS		1 SLI WHEAT BREAD		4 OZ. GREEN SALAD		4 OZ. DILL CUCUMBER/TOMATO SALAD	
1 EA. FRESH FRUIT		1 EA. CORNBREAD		1 EA. ORANGE		1 EA. WHEAT ROLL		1 EA BROWNIE	
1 SLI YELLOW CAKE W/ICING		1 EA. DICED PEARS		1 EA. 2% MILK		1 SLI. SPICE CAKE		1 EA 2% MILK	
1 EA. 2% MILK		1 EA. 2% MILK				1 EA 2% MILK			
CALORIES	634	CALORIES	719	CALORIES	635	CALORIES	779	CALORIES	798
PROTEIN	24	PROTEIN	32	PROTEIN	27	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

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WEEK 7



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR NOVEMBER 13 - 17, 2023 MENU

MONDAY NOVEMBER 13, 2023		TUESDAY NOVEMBER 14, 2023		WEDNESDAY NOVEMBER 15, 2023		THURSDAY NOVEMBER 16, 2023		FRIDAY NOVEMBER 17, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ.	SMOKED SAUSAGE	3 OZ.	HAMBURGER STEAK W/GRAVY	1 EA	COBB SALAD	6 OZ.	BEEF STEW	1 EA	HOT DOG w/CHILI
4 OZ.	RICE			4 OZ	GREEN PEAS	4 OZ.	RICE	4 OZ.	BAKED CHIPS
4 OZ.	BUTTERED BEANS	4 OZ.	RICE	1 EA.	GARLIC BREAD	4 OZ.	SLICED CARROTS	4 OZ.	TOSSED SALAD
4 OZ.	TURNIP GREENS	4 OZ.	BROCCOLI FLORETS	4 OZ.	PEACHES	1 SLI	WHEAT BREAD	1 EA	BANANA
1 EA.	WHEAT ROLL	1 SLI	WHEAT BREAD	1 EA	2% MILK	4 OZ.	APPLE COBBLER	1 EA	OATMEAL RAISIN COOKIE
1 EA.	RICE KRISPY TREAT	4 OZ.	MANDARIN ORANGES			1 EA	2% MILK	1 EA	2% MILK
1 EA	2% MILK	1 SLI.	POUND CAKE						
		1 EA	2% MILK						
CALORIES	684	CALORIES	663	CALORIES	692	CALORIES	720	CALORIES	683
PROTEIN	30	PROTEIN	35	PROTEIN	29	PROTEIN	31	PROTEIN	22
FAT%	26%	FAT%	22%	FAT%	28%	FAT%	17%	FAT%	35%
SODIUM	972	SODIUM	904	SODIUM	877	SODIUM	1264	SODIUM	957
FIBER	10	FIBER	7	FIBER	11	FIBER	9	FIBER	8
VITAMIN A	473	VITAMIN A	481	VITAMIN A	385	VITAMIN A	490	VITAMIN A	459

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WEEK 8



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR NOVEMBER 20 - 24, 2023 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
NOVEMBER 20, 2023		NOVEMBER 21, 2023		NOVEMBER 22, 2023		NOVEMBER 23, 2023		NOVEMBER 24, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ.	CHICKEN/SAUSAGE GUMBO	3 OZ.	BAKED HAM	4 OZ.	LOADED ROTINI PASTA	HAPPY THANKSGIVING!		CLOSED	
4 OZ.	RICE	4 OZ.	CORNBREAD DRESSING	4 OZ.	CHEF SALAD				
4 OZ.	POTATO SALAD	4 OZ.	GREEN BEAN CASSEROLE	4 OZ.	PEACH COBBLER				
4 OZ.	GREEN SALAD			1 EA.	2% MILK				
1 EA.	WHEAT ROLL	1 EA.	WHEAT ROLL						
1 EA.	ORANGE	4 OZ.	PEACH COBBLER						
1 EA.	2% MILK	1 EA.	2% MILK						
CALORIES	850	CALORIES	658	CALORIES	611				
PROTEIN	36	PROTEIN	38	PROTEIN	30				
FAT%	34%	FAT%	27%	FAT%	26%				
SODIUM	1243	SODIUM	1129	SODIUM	738				
FIBER	8	FIBER	5	FIBER	4				
VITAMIN A	330	VITAMIN A	418	VITAMIN A	948				

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WEEK 9



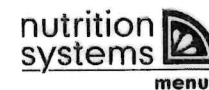
EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR NOVEMBER 27 – DECEMBER 1, 2023 MENU

MONDAY NOVEMBER 27, 2023	TUESDAY NOVEMBER 28, 2023	WEDNESDAY NOVEMBER 29, 2023	THURSDAY NOVEMBER 30, 2023	FRIDAY DECEMBER 1, 2023
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
3 OZ. GLAZED CHICKEN THIGHS 4 OZ. MASHED SWEET POTATOED 4 OZ. GREENS 1 EA. CORNBREAD 1 PC. GERMAN CHOCOLATE CAKE 1 EA. 2% MILK	3 OZ. BEEF/BROCCOLI STIRFRY 4 OZ. PASTA 4 OZ. GREEN BEANS 1 SLI WHEAT BREAD 4 OZ. BANANA PUDDING 1 EA. 2% MILK	3 OZ. SMOTHERED CHICKEN 4 OZ. BROWN RICE 4 OZ. OKRA/TOMATOES 1 EA. WHEAT ROLL 1 EA. FRESH FRUIT 1 SLI. CHOCOLATE CAKE W/FROSTING 1 EA. 2% MILK	6 OZ. SPAGHETTI & MEATSAUCE 4 OZ. CALIFORNIA MIXED VEGETABLES 1 SLI GARLIC BREAD 1 PC. PINEAPPLE UPSIDE DOWN CAKE 1 EA. 2% MILK	1 EA. TUNA SANDWICH ON WHEAT 4 OZ. BAKED CHIPS 4 OZ. TOSSED SALAD 4 OZ. RAISIN/CARROT SALAD 4 OZ. BAKED APPLE SLICES 1 EA. 2% MILK
CALORIES	CALORIES 728	CALORIES 753	CALORIES 660	CALORIES 751
PROTEIN 17	PROTEIN 28	PROTEIN 31	PROTEIN 37	PROTEIN 32
FAT% 13%	FAT% 31%	FAT% 27%	FAT% 26%	FAT% 24%
SODIUM 710	SODIUM 1002	SODIUM 928	SODIUM 1134	SODIUM 857
FIBER 6	FIBER 12	FIBER 10	FIBER 8	FIBER 10
VITAMIN A 405	VITAMIN A 419	VITAMIN A 423	VITAMIN A 411	VITAMIN A 39

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WEEK 10



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

MONDAY DECEMBER 4, 2023	TUESDAY DECEMBER 5, 2023	WEDNESDAY DECEMBER 6, 2023	THURSDAY DECEMBER 7, 2023	FRIDAY DECEMBER 8, 2023
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
6 OZ. CHICKEN STEW 4 OZ. GREEN BEANS 1 EA. WHEAT ROLL 1 EA. FRESH FRUIT 1 PC. APPLE CAKE 1 EA. 2% MILK	4 OZ. MEATLOAF 4 OZ. MASHED POTATOES W/GRAVY 4 OZ. BROCCOLI 1 EA. WHEAT ROLL 4 OZ. BREAD PUDDING 1 EA. 2% MILK	3 OZ. CHICKEN STIR FRY 4 OZ. BROWN RICE 4 OZ. BROCCOLI 1 EA. FRENCH BREAD 4 OZ. MANDARIN ORANGES 1 PC. SPONGE CAKE 1 EA. 2% MILK	3 OZ. SMOTHERED TURKEY NECK 4 OZ. MASHED POTATOES W/GRAVY 4 OZ. BABY CARROTS 1 EA. HERB BAKED ROLL 1 SLI. YELLOW CAKE 1 EA. 2% MILK	1 EA. HAMBURGER ON WHEAT BUN 1 EA. RELISH PLATE 4 OZ. FRENCH FRIES 4 OZ. COLESLAW 1 EA. BANANA 1 EA. 2% MILK
CALORIES 894	CALORIES 962	CALORIES 749	CALORIES 886	CALORIES 852
PROTEIN 54	PROTEIN 35	PROTEIN 30	PROTEIN 39	PROTEIN 31
FAT% 60%	FAT% 38%	FAT% 18%	FAT% 14%	FAT% 36%
SODIUM 1372	SODIUM 931	SODIUM 1078	SODIUM 835	SODIUM 925
FIBER 10	FIBER 9	FIBER 7	FIBER 9	FIBER 9
VITAMIN A 614	VITAMIN A 378	VITAMIN A 495	VITAMIN A 102	VITAMIN A 450

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WEEK 11



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

MONDAY DECEMBER 11, 2023		TUESDAY DECEMBER 12, 2023		WEDNESDAY DECEMBER 13, 2023		THURSDAY DECEMBER 14, 2023		FRIDAY DECEMBER 15, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. SAUSAGE		1 EA SMOTHERED PORK		3 OZ. BAKED CHICKEN		6 OZ. SHRIMP CREOLE		1 EA GRILLED CHICKEN	
4 OZ. WHITE BEANS		CHOP		4OZ. SWEET POTATO		4 OZ. BROWN RICE		SANDWICH on WHEAT	
4 OZ. RICE		4 OZ. MASHED POTATOES		CASSEROLE		4 OZ. CARROTS		BUN	
4 OZ. COLLARD GREENS		4 OZ. MUSTARD GREENS		4OZ. BROCCOLI		4 OZ. GREEN SALAD		1 OZ. BAKED CHIPS	
1 SLI CORNBREAD		1 EA. CORNBREAD		1 SLI WHEAT BREAD		1 EA. WHEAT ROLL		4 OZ. DILL CUCUMBER/	
1 EA. FRESH FRUIT		1 EA. DICED PEARS		1 EA. ORANGE		1 SLI. SPICE CAKE		TOMATO SALAD	
1 SLI YELLOW CAKE		1 EA. 2% MILK		1 EA. 2% MILK		1 EA 2% MILK		1 EA BROWNIE	
W/ICING								1 EA 2% MILK	
1 EA. 2% MILK									
CALORIES	894	CALORIES	719	CALORIES	685	CALORIES	779	CALORIES	798
PROTEIN	38	PROTEIN	32	PROTEIN	35	PROTEIN	33	PROTEIN	30
FAT%	27%	FAT%	31%	FAT%	24%	FAT%	29%	FAT%	24%
SODIUM	1434	SODIUM	967	SODIUM	501	SODIUM	1056	SODIUM	711
FIBER	13	FIBER	8	FIBER	6	FIBER	11	FIBER	8
VITAMIN A	410	VITAMIN A	325	VITAMIN A	456	VITAMIN A	574	VITAMIN A	437

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WEEK 12



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR DECEMBER 18 - 22, 2023 MENU

MONDAY DECEMBER 18, 2023		TUESDAY DECEMBER 19, 2023		WEDNESDAY DECEMBER 20, 2023		THURSDAY DECEMBER 21, 2023		FRIDAY DECEMBER 22, 2023	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. SMOKED SAUSAGE		3 OZ. HAMBURGER STEAK		1 EA COBB SALAD		3 OZ. ROASTED TURKEY		4 OZ. SAUTEED SHRIMP	
4 OZ. RICE		W/GRAVY		4 OZ. GREEN PEAS		1 OZ. W/GRAVY		SALAD	
4 OZ. RED BEANS		4 OZ. RICE		1 EA. GARLIC BREAD		4 OZ. RICE DRESSING		4 OZ. BAKED CHIPS	
4 OZ. TURNIP GREENS		4 OZ. BROCCOLI FLORETS		4 OZ. PEACHES		4 OZ. SLICED CARROTS		4 OZ. TOSSED SALAD	
1 EA. WHEAT ROLL		1 SLI WHEAT BREAD		1 EA 2% MILK		1 SLI WHEAT BREAD		1 EA BANANA	
1 EA. RICE KRISPY TREAT		4 OZ. MANDARIN				4 OZ. APPLE COBBLER		1 EA OATMEAL RAISIN	
1 EA 2% MILK		ORANGES				1 EA 2% MILK		COOKIE	
		1 SLI. POUND CAKE						1 EA 2% MILK	
1 EA 2% MILK		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.



WEEK 13



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR DECEMBER 25 - 29, 2023 MENU

MONDAY DECEMBER 25, 2023	TUESDAY DECEMBER 26, 2023	WEDNESDAY DECEMBER 27, 2023	THURSDAY DECEMBER 28, 2023	FRIDAY DECEMBER 29, 2023
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MERRY CHRISTMAS	CLOSED	6 OZ. CHICKEN/SAUSAGE GUMBO 4 OZ. RICE 4 OZ. POTATO SALAD 4 OZ. GREEN SALAD 1 EA. WHEAT ROLL 1 EA. ORANGE 1 EA. 2% MILK	3 OZ. BARBECUE CHICKEN LEG 4 OZ. MACARONI & CHEESE 4 OZ. SPINACH 1 SLI WHEAT BREAD 4 OZ. DICED PEARS 1 EA. SUGAR COOKIE 1 EA. 2% MILK	1 EA CHICKEN SALAD SANDWICH 4 OZ. BAKED CHIPS 4 OZ. CARROT RAISIN SALAD 1 EA. APPLE 1 SLI ANGEL FOOD CAKE 1 EA. 2% MILK
CALORIES	CALORIES	CALORIES 850	CALORIES 729	CALORIES 772
PROTEIN	PROTEIN	PROTEIN 36	PROTEIN 31	PROTEIN 30
FAT%	FAT%	FAT% 34%	FAT% 31%	FAT% 30%
SODIUM	SODIUM	SODIUM 1243	SODIUM 725	SODIUM 702
FIBER	FIBER	FIBER 8	FIBER 10	FIBER 11
VITAMIN A	VITAMIN A	VITAMIN A 330	VITAMIN A 365	VITAMIN A 404

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WEEK 14



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR JANUARY 1 - 5, 2024 MENU

MONDAY JANUARY 1, 2024	TUESDAY JANUARY 2, 2024	WEDNESDAY JANUARY 3, 2024	THURSDAY JANUARY 4, 2024	FRIDAY JANUARY 5, 2024
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
HAPPY NEW YEAR	3 OZ. PEPPER STEAK 4 OZ. GARLIC MASHED POTATOES 4 OZ. GREEN BEANS 1 SLI WHEAT BREAD 4 OZ. BANANA PUDDING 1 EA. 2% MILK	3 OZ. SMOKED SAUSAGE w/TOMATO GRAVY 4 OZ. BROWN RICE 4 OZ. OKRA 1 EA. WHEAT ROLL 1 EA. FRESH FRUIT 1 SLI. CHOCOLATE CAKE W/FROSTING 1 EA. 2% MILK	6 OZ. MEATSAUCE W/ SPAGHETTI 4 OZ. CALIFORNIA MIXED VEGETABLES 1 SLI GARLIC BREAD 1 PC. PINEAPPLE UPSIDE DOWN CAKE 1 EA. 2% MILK	1 EA. TURKEY CLUB ON WHEAT 4 OZ. BAKED CHIPS 4 OZ. TOSSED SALAD 4 OZ. RAISIN/CARROT SALAD 4 OZ. BAKED APPLE SLICES 1 EA. 2% MILK
CALORIES	CALORIES 728	CALORIES 753	CALORIES 814	CALORIES 751
PROTEIN	PROTEIN 28	PROTEIN 31	PROTEIN 33	PROTEIN 32
FAT%	FAT% 31%	FAT% 27%	FAT% 24%	FAT% 24%
SODIUM	SODIUM 1002	SODIUM 928	SODIUM 689	SODIUM 857
FIBER	FIBER 12	FIBER 10	FIBER 9	FIBER 10
VITAMIN A	VITAMIN A 419	VITAMIN A 423	VITAMIN A 585	VITAMIN A 39

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