



# EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JANUARY 8 - 14, 2024 MENU

	MONDAY	TUESDAY		WEDNESDAY	′	THURSE	DAY		FRIDAY		URDAY	1	SUNDAY	
JA	NUARY 8, 2024	JANUARY 9, 2	024	<b>JANUARY 10, 2</b>	024	JANUARY 1	.1, 2024	JANU	UARY 12, 2024	JANUA	RY 13, 2024		IUARY 14, 2	
MEALS	ON WHEELS MENU	MEALS ON WH	EELS	MEALS ON WHE	ELS	MEALS ON	WHEELS	MEA	LS ON WHEELS	MEALS	ON WHEELS	ME	ALS ON WH	HEELS
		MENU		MENU		MEN	U		MENU	0	MENU		MENU	
6 OZ.	CHICKEN SAUSAGE	1 EA PORK CHO	Р	4 OZ. BRAISED BE	EF	1 EA. CHICKE	V	1 EA B	ARBECUE BEEF	3 OZ. PUL	LED PORK	4 OZ.	MEAT SAU	JCE
	STEW	w/GRAVY		4 OZ. BROWN RIC	Œ	CACCIA	TORE	P	ATTY	4 OZ. MA	SHED	4 OZ.	SPAGHET	TI
4 OZ.	WHITE RICE	4 OZ. RICE PILAF		4 OZ. BABY CARRO	STC	4 OZ. SCALLO	PED	4 OZ. B	BAKED BEANS	PO	TATOES	4 OZ.	ITALIAN (	GREEN
4 OZ.	SPINACH	4 OZ. GREEN BEA	ANS	1 SL. WHEAT BRE	AD	POTATO	ES	4 OZ. C	CARROTS	4 OZ. BR	OCCOLI		BEANS	
1 SL.	WHEAT BREAD	1 SL. WHEAT BR	EAD	4 OZ. FRUIT		4 OZ. OKRA		1 SL. V	WHEAT BREAD	FLO	ORETS	4 OZ.	YELLOW S	SQUASH
4 OZ.	FRUIT	4 OZ. FRUIT		1 EA SNACK		1 SL. WHEAT	BREAD	1EA S	SNACK	1 SL. WH	HEAT BREAD	1 SL.	WHEAT B	READ
1 EA	SNACK	1 EA SNACK		1 EA 2% MILK		1 EA SNACK		1 EA 2	2% MILK	1 EA 2%	MILK	1 EA	2% MILK	
1 EA	2% MILK	1 EA 2% MILK				1 EA 2% MIL	K							
CALORI	IES 817	CALORIES	665	CALORIES	659	CALORIES	641	CALORI	ES 707	CALORIES	648	CALO	RIES	568
PROTEI		PROTEIN	46	PROTEIN	28	PROTEIN	45	PROTEI	N 34	PROTEIN	41	PROT	EIN	29
FAT%	42%	FAT%	20%	FAT%	10%	FAT%	15%	FAT%	23%	FAT%	22%	FAT%		16%
SODIUN		SODIUM	533	SODIUM	424	SODIUM	1435	SODIUN	M 1397	SODIUM	446	SODIL	JM	329
FIBER	11	FIBER	7	FIBER	8	FIBER	8	FIBER	14	FIBER	6	FIBER		10
VITAMI		VITAMINA	155	VITAMIN A	165	VITAMIN A	117	VITAMI	N A 496	VITAMIN	A 226	VITAN	∕IIN A	527

<sup>\*</sup>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.





# EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JANUARY 15 - 21, 2024 MENU

	MONDAY UARY 15, 2024	TUESDAY JANUARY 16,		WEDNESD JANUARY 17, 2		THURS JANUARY		FRIDA		SATUR JANUARY 2		SUND JANUARY	
	ALS ON WHEELS MENU	MEALS ON W MENU		MEALS ON WH		MEALS ON MEN	WHEELS	MEALS ON V	WHEELS	MEALS ON V	WHEELS	MEALS ON MEN	WHEELS
6 OZ. 4 OZ. 4 OZ. 1 SL. 4 OZ. 1 EA 1 EA	WHITE BEANS AND SMOKED SAUSAGE BROWN RICE GREENS WHEAT BREAD FRUIT SNACK 2% MILK	6 OZ. CHICKEN A CASSERO 4 OZ. ITALIAN M VEGETABL 4 OZ. PEAS W/O 1 SL. WHEAT BI 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	LE IIXED E NIONS	3 OZ. BAKED HA 4 OZ. GREEN BEA 4 OZ. BLACKEYEI 1 SL. WHEAT BR 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	ANS D PEAS	4 OZ. SWEET HASH 4 OZ. MIXED VEGET	Y PATTY POTATO  ABLES T BREAD	1 EA BAKED C DRUMST 4 OZ. GREEN F 4 OZ. DIRTY R 1 SL. WHEAT 1 EA SNACK 1 EA 2% MIL	TICK PEAS CE BREAD	1 OZ. W/GRA 4 OZ. YELLOW 4 OZ. STEAM	V SQUASH ED RICE I BREAD	4 OZ. CARRO	IETTI N BEANS DTS T BREAD
CALOR	IES 732	CALORIES	671	CALORIES	625	CALORIES	638	CALORIES	654	CALORIES	665	CALORIES	636
PROTEI		PROTEIN	34	PROTEIN	38	PROTEIN	56	PROTEIN	28	PROTEIN	31	PROTEIN	35
FAT%	27%	FAT%	18%	FAT%	15%	FAT%	14%	FAT%	11%	FAT%	24%	FAT%	16%
SODIUI	VI 942	SODIUM	763	SODIUM	1449	SODIUM	705	SODIUM	746	SODIUM	691	SODIUM	748
FIBER	14	FIBER	10	FIBER	10	FIBER	10	FIBER	9	FIBER	4	FIBER	9
VITAM	IN A 920	VITAMIN A	760	VITAMIN A	190	VITAMIN A	304	VITAMIN	133	VITAMIN A	546	VITAMIN A	189

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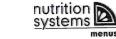


### EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JANUARY 22 - 28, 2024 MENU

MONDA		TUESDA		WEDNES			HURSDAY		FRIDAY	SATU		SUND	
JANUARY 22,	2024	JANUARY 23	, 2024	JANUARY 24	, 2024	JANUA	ARY 25, 2024	JAN	UARY 26, 2024	JANUARY 2	7, 2024	JANUARY 2	
MEALS ON WH	HEELS	MEALS ON W	HEELS	MEALS ON W	/HEELS	MEALS	ON WHEELS	MEA	ALS ON WHEELS	MEALS ON '	WHEELS	MEALS ON V	WHEELS
MENU		MENU		MENU			MENU		MENU	MEN	U	MEN	U
6 OZ. TACO CASS	SEROLE	3 OZ. BAKED CH	IICKEN	6 OZ. CHILI WI	TH	3 OZ. GF	RILLED CHICKEN	6 OZ. S	HRIMP STEW	3 OZ. BARBE	CUE BEEF	1 EA. PORK CH	IOP
4 OZ. MIXED		4 OZ. RICE PILA	F	BEANS		BR	REAST	4 OZ.	RICE	4 OZ. BAKED	BEANS	1 OZ. W/GRAV	/Y
VEGETABLI	ES	4 OZ. GREEN BE	ANS	4 OZ. BROWN	RICE	4 OZ. M.	ASHED	4 OZ.	PRINCE EDWARD	4 OZ. SLICED	CARROTS	4 OZ. SMOTHI	ERED
1 EA. CORNBREA		1 SL. WHEAT B	READ	4 OZ. BROCCO	Ll	PC	TATOES		BLEND	1 SL. WHEAT	BREAD	POTATO	ES
4 OZ. FRUIT		4 OZ. FRUIT		1 SL. WHEAT E	BREAD	4 OZ. M	IXED		VEGETABLES	1 EA 2% MIL	.K	4 OZ. CALIFOR	RNIA MIX
1 EA SNACK		1 EA SNACK		4 OZ. FRUIT		VI	EGETABLES	1 SL. \	WHEAT BREAD			VEGETA	BLES
1 EA 2% MILK		1 EA 2% MILK		1 EA SNACK		1 SL. W	HEAT BREAD	1 EA	SNACK			1 SL. WHEAT	BREAD
				1 EA 2% MILK		4 OZ. FR	RUIT	1 EA	2% MILK			1 EA 2% MIL	K
						1 EA SN	IACK						
						1 EA 2%	6 MILK						
CALORIES	685	CALORIES	691	CALORIES	669	CALORIES	S 648	CALOR	IES 683	CALORIES	652	CALORIES	628
PROTEIN	26	PROTEIN	29	PROTEIN	35	PROTEIN	43	PROTEI	IN 34	PROTEIN	33	PROTEIN	48
FAT%	25%	FAT%	22%	FAT%	21%	FAT%	10%	FAT%	27%	FAT%	15%	FAT%	20%
SODIUM	970	SODIUM	605	SODIUM	745	SODIUM	513	SODIUI	M 1245	SODIUM	1564	SODIUM	866
FIBER	9	FIBER	7	FIBER	14	FIBER	10	FIBER	6	FIBER	14	FIBER	7
VITAMIN A	561	VITAMIN A	243	VITAMIN A	305	VITAMIN	IA 150	VITAM	IN 808	VITAMIN A	994	VITAMIN A	593

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# EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JANUARY 29 - FEBRUARY 4, 2024 MENU

MON	IDAY 29. 2024	TUESDAY JANUARY 30,		WEDNESD JANUARY 31,		THURSI FEBRUARY 1		FRIDAY FEBRUARY 2,		SATUR FEBRUARY 3		SUNDA FEBRUARY 4	
MEALS ON ME	WHEELS	MEALS ON WHEEL		MEALS ON WH		MEALS ON W	HEELS	MEALS ON WH		MEALS ON W		MEALS ON W MENU	
4 OZ. BEEF TO	AVY FED FOES D FABLES T BREAD	3 OZ. SMOTHERED CHOP W/PER AND ONION 4 OZ. GARLIC SMO POTATOES 4 OZ. CALIFORNIA VEGETABLE 1 SL. WHEAT BRE 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	PPERS S DTHERED A BLEND	3 OZ. LEMON D CHICKEN 4 OZ. RICE PILA 4 OZ. GREEN BI 1 SL. WHEAT B 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	F EANS	6 OZ. CHICKEN 4 OZ. BROWN 4 OZ. BROCCO 1 SL. WHEAT E 1 EA SNACK 1 EA 2% MILK	RICE LI BREAD	1 EA SALISBURY 1 OZ. W/GRAVY 4 OZ. RICE 4 OZ. CORN 1 SL. WHEAT BR 1 EA SNACK 1 EA 2% MILK		3 OZ. BAKED H 4 OZ. RICE 4 OZ. SEASON VEGETA 1 SL. WHEAT 1 EA 2% MILI	ED BLES BREAD	6 OZ. CHICKEN ALFREDO 4 OZ. CARROTS 4 OZ. GREEN P 1 SL. WHEAT E 1 EA 2% MILK	EAS BREAD
CALORIES	646	CALORIES	681	CALORIES	663	CALORIES	796	CALORIES	647	CALORIES	619	CALORIES	680
PROTEIN	31	PROTEIN	43	PROTEIN	42	PROTEIN	59	PROTEIN	33	PROTEIN	44	PROTEIN	38
FAT%	14%	FAT%	16%	FAT%	22%	FAT%	27%	FAT%	25%	FAT%	13%	FAT%	24%
SODIUM	672	SODIUM	585	SODIUM	808	SODIUM	1905	SODIUM	691	SODIUM	1457	SODIUM	1246
FIBER	10	FIBER	11	FIBER	7	FIBER	9	FIBER	5	FIBER	15	FIBER	12
VITAMIN A	603	VITAMIN A	829	VITAMIN A	218	VITAMIN A	781	VITAMIN	551	VITAMIN A	604	VITAMIN A	530

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## EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR FEBRUARY 5 - 11, 2024 MENU

	NDAY ARY 5, 2024	TUESDAY FEBRUARY 6	. 2024	WEDNES		THUR	SDAY RY 8, 2024	FRIDAY FEBRUARY		SATUF FEBRUARY			IDAY RY 11, 2024
MEALS	ON WHEELS	MEALS ON W	HEELS	MEALS ON MEN	WHEELS		N WHEELS ENU	MEALS ON MEN		MEALS ON ME			N WHEELS ENU
AN SAU 4 OZ. BR 4 OZ. MU GR 1 SL. WH 4 OZ. FRU 1 EA SNA	USAGE OWN RICE JSTARD EENS IEAT BREAD JIT	3 OZ. ITALIAN B CHICKEN 4 OZ. MASHED POTATOE 4 OZ. ITALIAN G BEANS 1 SL. WHEAT BI 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	BREAST S GREEN	1 EA. MEATLO 4 OZ. MASHE POTATO 4 OZ. MIXED VEGETA 1 SL. WHEAT 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MIL	D OES ABLES BREAD	4 OZ. BLAG 4 OZ. BRO		4 OZ. MACAR CHEESE	NI SQUASH BREAD	POTA 4 OZ. GREE	LIED NEW TOES IN BEANS AT BREAD	CAB SAU 4 OZ. BRO 4 OZ. ZUC /TOI 1 SL. WHI	OTHERED  BAGE W/ JSAGE WN RICE CHINI MATOES EAT BREAD MILK
CALORIES	749	CALORIES	626	CALORIES	720	CALORIES	621	CALORIES	644	CALORIES	646	CALORIES	707
PROTEIN	36	PROTEIN	37	PROTEIN	39	PROTEIN	38	PROTEIN	29	PROTEIN	33	PROTEIN	24
FAT%	28%	FAT%	19%	FAT%	29%	FAT%	11%	FAT%	21%	FAT%	26%	FAT%	16%
SODIUM	1197	SODIUM	713	SODIUM	867	SODIUM	1412	SODIUM	866	SODIUM	792	SODIUM	1037
FIBER	13	FIBER	9	FIBER	10	FIBER	8	FIBER	4	FIBER	7	FIBER	10
VITAMIN A	742	VITAMIN A	107	VITAMIN A	290	VITAMIN A	187	VITAMIN	625	VITAMIN A	189	VITAMIN A	866

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## EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR FEBRUARY 12 - 18, 2024 MENU

MONDAY	TUESDAY		WEDNESDAY	<u>'</u>	THURSD	AY	FRIDAY		SATURDA			INDAY
FEBRAURY 12, 2024	FEBRAURY 13,	2024	FEBRAURY 14, 2	024	FEBRAURY 1	5, 2024	FEBRAURY 16, 2	2024	FEBRAURY 17	, 2024	FEBRAU	RY 18, 2024
MEALS ON WHEELS MENU	MEALS ON WH	EELS	MEALS ON WHE	ELS	MEALS ON \	WHEELS	MEALS ON WHI	EELS	MEALS ON W	HEELS	MEALS	ON WHEELS
	MENU		MENU		MEN	J	MENU		MENU		١	<b>MENU</b>
3 OZ. CHICKEN	1 EA PORK CHOI	)	4 OZ. BRAISED BE	EF	1 EA. BARBEC	JE	6 EA. MEATBALLS		3 OZ. BAKED FIS	Н	4 OZ. ME	AT SAUCE
4 OZ. WHITE RICE	w/GRAVY		4 OZ. BROWN RIC	Œ	CHICKEN		1 OZ. W/GRAVY		4 OZ. MASHED		4 OZ. SP	AGHETTI
4 OZ. WHITE BEANS	4 OZ. RICE PILAF		4 OZ. BABY CARR	OTS	4 OZ. SCALLOF	PED	4 OZ. RICE		POTATO	ES	4 OZ. ITA	ALIAN GREEN
4 OZ. GREENS	4 OZ. GREEN BEA	ANS	1 SL. WHEAT BR	EAD	POTATO	ES	4 OZ. CAULIFLOW	'ER	4 OZ. BROCCOL	.1	BE	ANS
1 SL. WHEAT BREAD	1 SL. WHEAT BR	EAD	4 OZ. FRUIT		4 OZ. OKRA		1 SL. WHEAT BRE	AD	FLORETS		4 OZ. YE	LLOW SQUASH
4 OZ. FRUIT	4 OZ. FRUIT		1 EA SNACK		1 SL. WHEAT	BREAD	1 EA SNACK		1 SL. WHEAT B	READ	1 SL. WI	HEAT BREAD
1 EA SNACK	1 EA SNACK		1 EA 2% MILK		1 EA SNACK		1 EA 2% MILK		1 EA 2% MILK		1 EA 29	6 MILK
1 EA 2% MILK	1 EA 2% MILK				1 EA 2% MILI	<						
CALORIES 67	CALORIES	665	CALORIES	659	CALORIES	822	CALORIES	651	CALORIES	613	CALORIES	668
PROTEIN 40	PROTEIN	46	PROTEIN	28	PROTEIN	40	PROTEIN	27	PROTEIN	31	PROTEIN	29
FAT% 189	6 FAT%	20%	FAT%	10%	FAT%	30%	FAT%	21%	FAT%	23%	FAT%	16%
SODIUM 616	SODIUM	533	SODIUM	424	SODIUM	1729	SODIUM	853	SODIUM	526	SODIUM	329
FIBER 13	FIBER	7	FIBER	8	FIBER	7	FIBER	6	FIBER	6	FIBER	10
VITAMIN A 708	VITAMIN A	155	VITAMIN A	165	VITAMIN A	992	VITAMIN A	343	VITAMIN A	833	VITAMIN	A 527

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### EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR FEBRUARY 19 - 25, 2024 MENU

	MONDAY	TUESDA	AY	WEDNESD	ΑΥ	THURSD	AY	FRIDAY		SATURI			SUNDAY
FEB	RUARY 19, 2024	FEBRUARY 2	0, 2024	FEBRUARY 21,	2024	FEBRUARY 2	2, 2024	FEBRUARY 23	, 2024	FEBRUARY 2	4, 2024	FEBR	UARY 25, 2024
ME	ALS ON WHEELS	MEALS ON V	VHEELS	MEALS ON WH	IEELS	MEALS ON V	VHEELS	MEALS ON W	HEELS	MEALS ON V	VHEELS	MEA	LS ON WHEELS
	MENU	MENU	,	MENU		MENU	J	MENU		MENU	J		MENU
6 OZ.	RED BEANS	6 OZ. CHICKEN		3 OZ. BAKED HA	M	6 OZ. BEEF ST	EW	1 EA SALISBUR	Y STEAK	3 OZ. LEMON	DILL FISH	4 OZ.	TURKEY
	AND SMOKED	SPAGHE	TTI	4 OZ. GREEN BEA	ANS	4 OZ. RICE		4 OZ. STEAMED	RICE	4 OZ. MASHE	)		W/TURKEY
	SAUSAGE	4 OZ. ITALIAN	MIXED	4 OZ. BLACKEYEI	D PEAS	4 OZ. MIXED		4 OZ. YELLOW S	QUASH	POTATO	DES		GRAVY
4 OZ.	<b>BROWN RICE</b>	VEGETAE	BLE	1 SL. WHEAT BR	READ	VEGETA	BLES	1 SL. WHEAT B	READ	4 OZ. GREEN I	PEAS	4 OZ.	MASHED
4 OZ.	GREENS	4 OZ. PEAS w/	ONIONS	4 OZ. FRUIT		1 SL. WHEAT	BREAD	1 EA 2% MILK		1 SL. WHEAT	BREAD		POTATOES
1 SL.	WHEAT BREAD	1 SL. WHEAT I	BREAD	1 EA SNACK		1 EA SNACK				1 EA. SNACK		4 OZ.	PRINCE EDWARD
4 OZ.	FRUIT	4 OZ. FRUIT		1 EA 2% MILK		1 EA 2% MILI	(			1 EA 2% MIL	K		VEGETABLES
1 EA	SNACK	1 EA SNACK										1 SL.	WHEAT BREAD
1 EA	2% MILK	1 EA 2% MILK	(									1 EA	2% MILK
CALOR	IES 677	CALORIES	629	CALORIES	625	CALORIES	607	CALORIES	665	CALORIES	658	CALOR	IES 646
PROTE	IN 32	PROTEIN	43	PROTEIN	38	PROTEIN	33	PROTEIN	31	PROTEIN	34	PROTE	N 47
FAT%	25%	FAT%	17%	FAT%	15%	FAT%	10%	FAT%	24%	FAT%	20%	FAT%	13%
SODIU		SODIUM	911	SODIUM	1449	SODIUM	474	SODIUM	691	SODIUM	652	SODIU	M 480
FIBER	15	FIBER	12	FIBER	10	FIBER	9	FIBER	4	FIBER	10	FIBER	5
VITAM	IN A 933	VITAMIN A	650	VITAMIN A	109	VITAMIN A	556	VITAMIN	546	VITAMIN A	672	VITAM	IN A 682

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### EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR FEBRUARY 26 - MARCH 3, 2024 MENU

MONDA	Υ	TUESDA	Υ	WEDNES	DAY		THURSDAY		FRIDA			URDAY	SUND	
FEBRUARY 26	, 2024	FEBRUARY 2	7, 2024	FEBRUARY 28	8, 2024	FEBF	RUARY 29, 2024		MARCH 1,	2024	MARCH	2, 2024	MARCH 3	, 2024
MEALS ON WI	HEELS	MEALS ON W		MEALS ON W		MEA	ALS ON WHEELS MENU		MEALS ON W		MEALS OF ME		MEALS ON MEN	
4 OZ. ROAST BEI	FF	3 OZ. CHICKEN		6 OZ. CHILI WI		3 OZ.	GRILLED CHICKE	N	1 EA. BARBECL			N BAKED	1 EA. PORK CI	НОР
2 OZ. AU JUS	<b>-</b> '	FLORENT		BEANS			BREAST	.	PATTY		FISH		1 OZ. W/GRA	VY
4 OZ. RICE DRES	SING	4 OZ. WILD RIC		4 OZ. BROWN	RICE	1	MASHED		4 OZ. BAKED B	EANS	4 OZ. SCALL	OPED	4 OZ. MASHE	D SWEET
4 OZ. MIXED		4 OZ. GREEN B		4 OZ. BROCCO			POTATOES	- 1.		ARROTS		TOES	POTATO	ES
VEGETABL	ES	w/PIMEN		1 SL. WHEAT E		4 OZ.	MIXED	1	1 SL. WHEAT		4 OZ. PRINC	CE EDWARD	4 OZ. CALIFO	RNIA MIX
4 OZ. FRUIT		1 SL. WHEAT E		4 OZ. FRUIT			VEGETABLES		1 EA . 2% MILI		BLEN	D	VEGETA	ABLES
1 EA. SNACK		4 OZ. FRUIT		1 EA. SNACK		1 SL.	WHEAT BREAD				VEG	ETABLES	1 SL. WHEAT	BREAD
1 EA. 2% MILK		1 EA. SNACK		1 EA. 2% MILK		4 OZ.	FRUIT				1 SL. WHE	AT BREAD	1 EA. 2% MIL	.K
		1 EA. 2% MILK				1 EA.	SNACK				1 EA. SNAC	CK		
						1 EA.	2% MILK				1 EA . 2% N	<b>MILK</b>		
CALORIES	635	CALORIES	681	CALORIES	669	CALOR	IES 64	3	CALORIES	705	CALORIES	657	CALORIES	639
PROTEIN	37	PROTEIN	47	PROTEIN	35	PROTE	IN 43		PROTEIN	34	PROTEIN	36	PROTEIN	45
FAT%	28%	FAT%	18%	FAT%	21%	FAT%	10%	ó	FAT%	24%	FAT%	20%	FAT%	14%
SODIUM	819	SODIUM	651	SODIUM	745	SODIU	M 513		SODIUM	1327	SODIUM	730	SODIUM	480
FIBER	7	FIBER	14	FIBER	14	FIBER	10		FIBER	14	FIBER	6	FIBER	7
VITAMIN A	359	VITAMIN A	202	VITAMIN A	305	VITAM	IN A 150		VITAMIN	445	VITAMIN A	908	VITAMIN A	110

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## EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 4 -10, 2024 MENU

	MONDAY	TUESC		WEDNES			SDAY	FRIDA		T	IRDAY	SUNI	
	LS ON WHEELS MENU	MARCH 5 MEALS ON WH		MARCH 6, 2 MEALS ON W MENU	HEELS	MARCH 7 MEALS ON MEN	WHEELS	MARCH 8, MEALS ON V MENU	VHEELS	MARCH 9 MEALS ON MEN	WHEELS	MARCH 1 MEALS ON MEN	WHEELS
4 OZ. 14 OZ. 15 A OZ.	SMOKED SAUSAGE WHITE BEANS BROWN RICE MUSTARD GREENS WHEAT BREAD FRUIT SNACK 2% MILK	6 OZ. SHRIMP ETOUFFE 4 OZ. BROWN I 4 OZ. GREEN BI 1 SL. WHEAT B 1 EA. SNACK 1 EA. 2% MILK	RICE EANS	3 OZ. LEMON CHICKEN 4 OZ. RICE PIL 4 OZ. GREEN E 1 SL. WHEAT 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	I AF BEANS BREAD	6 OZ. CHICKE 4 OZ. BROW 4 OZ. BROCO 1 SL. WHEA 1 EA SNACK 1 EA 2% MII	N RICE COLI T BREAD	3 OZ. SMOKED 4 OZ. LIMA BEA 4 OZ. GLAZED 1 SL. WHEAT I 1 EA. FRUIT 1 EA. BROWN 1 EA. 2% MILK	ANS CARROTS BREAD	BREAST 4 OZ. MASHI POTAT 4 OZ. BABY 0	ED OES CARROTS T BREAD	6 OZ. CHICKE SAUSA SPAGH 4 OZ. ITALIAN VEGET 4 OZ. GREEN 1 SL. WHEA 1 EA 2% M	GE HETTI N MIX ABLES I PEAS T BREAD
CALORIE	ES 749	CALORIES	681	CALORIES	663	CALORIES	798	CALORIES	769	CALORIES	619	CALORIES	770
PROTEIN	N 36	PROTEIN	30	PROTEIN	42	PROTEIN	59	PROTEIN	30	PROTEIN	35	PROTEIN	52
FAT%	28%	FAT%	21%	FAT%	22%	FAT%	27%	FAT%	30%	FAT%	9%	FAT%	31%
SODIUN	1197	SODIUM	971	SODIUM	808	SODIUM	672	SODIUM	1122	SODIUM	446	SODIUM	1319
FIBER	13	FIBER	9	FIBER	7	FIBER	9	FIBER	15	FIBER	6	FIBER	14
VITAMII	N A 742	VITAMIN A	838	VITAMIN A	218	VITAMIN A	774	VITAMIN	324	VITAMIN A	226	VITAMIN A	865

<sup>\*</sup>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.





### EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 11 - 17, 2024 MENU

MONDAY MARCH 11, 2	2024	TUESDAY MARCH 12	2024	WEDNESDA MARCH 13,		THURSD MARCH 1		FRIDAY MARCH 15	2024	SATURD MARCH 16		SUND MARCH 1	
MEALS ON WI		MEALS ON V	VHEELS	MEALS ON W	HEELS	MEALS ON MEN	WHEELS	MEALS ON V	WHEELS	MEALS ON V	WHEELS	MEALS ON MEN	WHEELS
6 OZ. RED BEAN SAUSAGE 4 OZ. BROWN F 4 OZ. MUSTAR GREENS 1 SL. WHEAT BF 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	RICE D	3 OZ. ITALIAN I CHICKEN 4 OZ. MASHED POTATOE 4 OZ. ITALIAN O BEANS 1 SL. WHEAT E 4 OZ. FRUIT 1 EA SNACK 1 EA % MILK	BREAST S SREEN	6 OZ. CHICKEN SAUSAG 4 OZ. BROWN 4 OZ. MIXED VEGETAB 1 SL. WHEAT B 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	E STEW RICE BLES	6 OZ. BEEF ST 4 OZ. RICE 4 OZ. MIXED VEGETA 1 SL. WHEAT 1 EA SNACK 1 EA 2% MIL	ABLES F BREAD	3 OZ. BAKED F 4 OZ. MASHED POTATO 4 OZ. SQUASH 1 SL. WHEAT 1 EA SNACK 1 EA 2% MILK	DES BREAD	POTATO 4 OZ. GREEN	ED NEW DES BEANS BREAD	4 OZ. BROW 4 OZ. ZUCCH /TOM/	IINI ATOES T BREAD
CALORIES	693	CALORIES	626	CALORIES	853	CALORIES	707	CALORIES	605	CALORIES	646	CALORIES	697
PROTEIN	33	PROTEIN	37	PROTEIN	34	PROTEIN	33	PROTEIN	29	PROTEIN	33	PROTEIN	32
FAT%	27%	FAT%	19%	FAT%	42%	FAT%	10%	FAT%	12%	FAT%	26%	FAT%	25%
SODIUM	1102	SODIUM	713	SODIUM	706	SODIUM	474	SODIUM	387	SODIUM	792	SODIUM	771
FIBER	14	FIBER	9	FIBER	11	FIBER	9	FIBER	5	FIBER	7	FIBER	6
VITAMIN A	755	VITAMIN A	107	VITAMIN A	300	VITAMIN A	556	VITAMIN	628	VITAMIN A	189	VITAMIN A	772

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## EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 18 - 24, 2024 MENU

NA.	MONDAY	TUESDA		WEDNE MARCH 2			SDAY 21, 2024	N	FRIDAY IARCH 22, 2024		SATURDAY ARCH 23, 2		MA	SUNDAY	
	ON WHEELS MENU	MARCH 19, MEALS ON W MENU	HEELS	MEALS ON MEI	WHEELS	MEALS O	N WHEELS ENU		ALS ON WHEELS MENU		ALS ON WI			ALS ON W	HEELS
6 OZ. 4 OZ. 4 OZ. 1 sl. 4 OZ. 1 EA 1 EA	CHICKEN SAUSAGE STEW WHITE RICE SPINACH WHEAT BREAD FRUIT SNACK % MILK	1 EA PORK CH w/GRAV 4 OZ. RICE PILA 4 OZ. GREEN B 1 sl. WHEAT B 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	Y AF EANS BREAD	1 OZ. W/ON PEPPE 4 OZ. BROW 4 OZ. BABY	IN RICE CARROTS IT BREAD	4 OZ. RICE 4 OZ. OKRA	AT BREAD	6 OZ. 4 OZ. 4 OZ. 1 SL. 1 EA 1 EA	SHRIMP CREOLE BROWN RICE CORN WHEAT BREAD SNACK 2% MILK	3 OZ. 4 OZ. 4 OZ. 1 SL. 1 EA	BBQ PULLI MASHED POTATOE BROCCOL FLORETS WHEAT B 2% MILK	:S .I	4 OZ. 4 OZ. 4 OZ. 4 OZ. 1 SL. 1 EA	MEAT SA SPAGHE ITALIAN BEANS YELLOW WHEAT 2% MILE	GREEN SQUASH BREAD
CALORI	ES 817	CALORIES	665	CALORIES	672	CALORIES	623	CALO	RIES 668	CALO	RIES	648	CALOF		668
PROTEI	N 36	PROTEIN	46	PROTEIN	28	PROTEIN	43	PROT	EIN 22	PROT	EIN	41	PROTE	EIN	29
FAT%	42%	FAT%	20%	FAT%	10%	FAT%	11%	FAT%	11%	FAT%	)	22%	FAT%		16%
SODIUN	VI 832	SODIUM	533	SODIUM	497	SODIUM	1190	SODIL	JM 836	SODI	UM	446	SODIL	JM	329
FIBER	11	FIBER	7	FIBER	9	FIBER	7	FIBER	6	FIBER	}	6	FIBER		10
VITAMI	IN A 954	VITAMINA	155	VITAMIN A	415	VITAMIN A	969	VITAN	ИIN A 957	VITAI	MIN A	226	VITAN	AIN A	527

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## EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 25 – 31, 2024 MENU

	MONDAY		UESDAY	WEDNE		r	HURSDAY		FRIDAY		SATUR		NA.	SUNDA ARCH 31,	7
MA	ARCH 25, 2024	MAR	CH 26, 2024	MARCH 27	, 2024	MA	RCH 28, 2024		MARCH 29,		MARCH 30				
MEA	ALS ON WHEELS	MEAL	S ON WHEELS	MEALS ON V	VHEELS	MEA	LS ON WHEELS	M	EALS ON W	HEELS	MEALS ON '	WHEELS	ME	ALS ON V	
	MENU		MENU	MEN	J		MENU		MENU		MEN	U		MENU	
6 OZ.	WHITE BEANS	4 OZ. TU	RKEY PATTY	3 OZ. BAKED I	HAM	6 OZ. S	SMOTHERED	3 OZ.	LEMON F	PEPPER	1 EA. SALISBU	JRY STEAK	6 OZ.	CHICKEN	ALFREDO
	AND SMOKED	1 OZ. W	/GRAVY	4 OZ. GREEN I	BEANS	9	SAUSAGE AND		BAKED FI	SH	4 OZ. YELLOV	/ SQUASH	4 OZ.	GREEN I	PEAS
	SAUSAGE		ASHED	4 OZ. BLACKE	YED PEAS		OKRA	4 OZ	MASHED		4 OZ. STEAM	ED RICE	4 OZ.	MIXED	
4 OZ.	BROWN RICE		DTATOES	1 SL. WHEAT		4 OZ.	RICE		POTATO	ES	1 SL. WHEAT	BREAD		<b>VEGETA</b>	BLES
4 OZ.	GREENS		XED	4 OZ. FRUIT			WHEAT BREAD	4 OZ	GREENS	OF	1 EA 2% MIL	K	1 SL.	WHEAT	BREAD
1 SL.	WHEAT BREAD	5 55 55 55 55	GETABLES	1 EA SNACK			FRUIT		CHOICE				1 EA	2% MIL	K
4 OZ.	FRUIT		HEAT BREAD	1 EA 2% MILE	·		SNACK	1 SL.	WHEAT B	RFAD					
1 EA	SNACK		ACK	ILA Z/O WILL	•		2% MILK	1 EA	SNACK	112710					
	e i ni nen i					1110	270 WILK	1 EA							
1 EA	2% MILK	1 EA 29	6 MILK					ILA	Z/O IVIILIN						
CALOR	IES 732	CALORIES	652	CALORIES	625	CALOR	IES 684	CALC	ORIES	612	CALORIES	648	CALOF	RIES	729
PROTE		PROTEIN		PROTEIN	38	PROTE		PRO		31	PROTEIN	31	PROTE	EIN	41
		FAT%	10%	FAT%	15%	FAT%	28%	FAT9		23%	FAT%	24%	FAT%		24%
FAT%	27%									536	SODIUM	600	SODIL		1238
SODIUI		SODIUM	519	SODIUM	1449	SODIU		SOD						- A - S	14
FIBER	14	FIBER	8	FIBER	10	FIBER	10	FIBE		6	FIBER	4	FIBER		00000
VITAM	IN A 920	VITAMIN	A 141	VITAMIN A	109	VITAM	IN A 395	VITA	MIN	466	VITAMIN A	546	VITAN	/IIN A	397

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