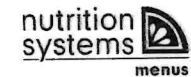




WEEK 1



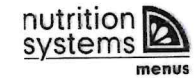
EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JANUARY 8 - 14, 2024 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
JANUARY 8, 2024		JANUARY 9, 2024		JANUARY 10, 2024		JANUARY 11, 2024		JANUARY 12, 2024		JANUARY 13, 2024		JANUARY 14, 2024	
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. CHICKEN SAUSAGE STEW		1 EA PORK CHOP w/GRAVY		4 OZ. BRAISED BEEF		1 EA. CHICKEN CACCIATORE		1 EA BARBECUE BEEF PATTY		3 OZ. PULLED PORK		4 OZ. MEAT SAUCE	
4 OZ. WHITE RICE		4 OZ. RICE PILAF		4 OZ. BROWN RICE		4 OZ. SCALLOPED POTATOES		4 OZ. BAKED BEANS		4 OZ. MASHED POTATOES		4 OZ. SPAGHETTI	
4 OZ. SPINACH		4 OZ. GREEN BEANS		4 OZ. BABY CARROTS		4 OZ. OKRA		4 OZ. CARROTS		4 OZ. BROCCOLI FLORETS		4 OZ. ITALIAN GREEN BEANS	
1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		4 OZ. YELLOW SQUASH	
4 OZ. FRUIT		4 OZ. FRUIT		4 OZ. FRUIT		1 EA SNACK		1 EA SNACK		1 EA SNACK		1 SL. WHEAT BREAD	
1 EA SNACK		1 EA SNACK		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		1 EA 2% MILK		1 EA 2% MILK							
CALORIES	817	CALORIES	665	CALORIES	659	CALORIES	641	CALORIES	707	CALORIES	648	CALORIES	568
PROTEIN	36	PROTEIN	46	PROTEIN	28	PROTEIN	45	PROTEIN	34	PROTEIN	41	PROTEIN	29
FAT%	42%	FAT%	20%	FAT%	10%	FAT%	15%	FAT%	23%	FAT%	22%	FAT%	16%
SODIUM	832	SODIUM	533	SODIUM	424	SODIUM	1435	SODIUM	1397	SODIUM	446	SODIUM	329
FIBER	11	FIBER	7	FIBER	8	FIBER	8	FIBER	14	FIBER	6	FIBER	10
VITAMIN A	954	VITAMIN A	155	VITAMIN A	165	VITAMIN A	117	VITAMIN A	496	VITAMIN A	226	VITAMIN A	527

*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 2



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
JANUARY 15, 2024		JANUARY 16, 2024		JANUARY 17, 2024		JANUARY 18, 2024		JANUARY 19, 2024		JANUARY 20, 2024		JANUARY 21, 2024	
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. WHITE BEANS AND SMOKED SAUSAGE		6 OZ. CHICKEN AND RICE CASSEROLE		3 OZ. BAKED HAM		1 EA SMOTHERED TURKEY PATTY		1 EA BAKED CHICKEN DRUMSTICK		1 EA. SALISBURY STEAK		4 OZ. TURKEY SPAGHETTI	
4 OZ. BROWN RICE		4 OZ. ITALIAN MIXED VEGETABLE		4 OZ. GREEN BEANS		4 OZ. SWEET POTATO HASH		4 OZ. GREEN PEAS		1 OZ. W/GRAVY		4 OZ. GREEN BEANS	
4 OZ. GREENS		4 OZ. PEAS w/ONIONS		4 OZ. BLACKEYED PEAS		4 OZ. MIXED VEGETABLES		4 OZ. DIRTY RICE		4 OZ. STEAMED RICE		4 OZ. CARROTS	
1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD	
4 OZ. FRUIT		4 OZ. FRUIT		1 EA SNACK		1 EA SNACK		1 EA SNACK		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				1 EA 2% MILK							
CALORIES	732	CALORIES	671	CALORIES	625	CALORIES	638	CALORIES	654	CALORIES	665	CALORIES	636
PROTEIN	36	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%
SODIUM	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
VITAMIN A	920	VITAMIN A	760	VITAMIN A	190	VITAMIN A	304	VITAMIN	133	VITAMIN A	546	VITAMIN A	189

*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 3



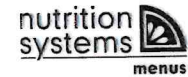
EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JANUARY 22 - 28, 2024 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
JANUARY 22, 2024		JANUARY 23, 2024		JANUARY 24, 2024		JANUARY 25, 2024		JANUARY 26, 2024		JANUARY 27, 2024		JANUARY 28, 2024	
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. TACO CASSEROLE 4 OZ. MIXED VEGETABLES 1 EA. CORNBREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK		3 OZ. BAKED CHICKEN 4 OZ. RICE PILAF 4 OZ. GREEN BEANS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK		6 OZ. CHILI WITH BEANS 4 OZ. BROWN RICE 4 OZ. BROCCOLI 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK		3 OZ. GRILLED CHICKEN BREAST 4 OZ. MASHED POTATOES 4 OZ. MIXED VEGETABLES 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK		6 OZ. SHRIMP STEW 4 OZ. RICE 4 OZ. PRINCE EDWARD BLEND VEGETABLES 1 SL. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK		3 OZ. BARBECUE BEEF 4 OZ. BAKED BEANS 4 OZ. SLICED CARROTS 1 SL. WHEAT BREAD 1 EA 2% MILK		1 EA. PORK CHOP 1 OZ. W/GRAVY 4 OZ. SMOTHERED POTATOES 4 OZ. CALIFORNIA MIX VEGETABLES 1 SL. WHEAT BREAD 1 EA 2% MILK	
CALORIES	685	CALORIES	691	CALORIES	669	CALORIES	648	CALORIES	683	CALORIES	652	CALORIES	628
PROTEIN	26	PROTEIN	29	PROTEIN	35	PROTEIN	43	PROTEIN	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	SODIUM	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 A	150	VITAMIN	808	VITAMIN A	994	VITAMIN A	593

*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 4



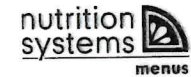
EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JANUARY 29 – FEBRUARY 4, 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JANUARY 29, 2024	JANUARY 30, 2024	JANUARY 31, 2024	FEBRUARY 1, 2024	FEBRUARY 2, 2024	FEBRUARY 3, 2024	FEBRUARY 4, 2024
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 TIPS 1 OZ. W/GRAVY 4 OZ. ROASTED POTATOES 4 OZ. MIXED VEGETABLES 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ. SMOTHERED PORK CHOP w/PEPPERS AND ONIONS 4 OZ. GARLIC SMOTHERED POTATOES 4 OZ. CALIFORNIA BLEND VEGETABLES 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ. LEMON DILL CHICKEN 4 OZ. RICE PILAF 4 OZ. GREEN BEANS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ. CHICKEN STEW 4 OZ. BROWN RICE 4 OZ. BROCCOLI 1 SL. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA SALISBURY STEAK 1 OZ. W/GRAVY 4 OZ. RICE 4 OZ. CORN 1 SL. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ. BAKED HAM 4 OZ. RICE 4 OZ. SEASONED VEGETABLES 1 SL. WHEAT BREAD 1 EA 2% MILK	6 OZ. CHICKEN ALFREDO 4 OZ. CARROTS 4 OZ. GREEN PEAS 1 SL. WHEAT BREAD 1 EA 2% MILK
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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WEEK 5



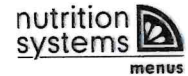
EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR FEBRUARY 5 - 11, 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FEBRUARY 5, 2024	FEBRUARY 6, 2024	FEBRUARY 7, 2024	FEBRUARY 8, 2024	FEBRUARY 9, 2024	FEBRUARY 10, 2024	FEBRUARY 11, 2024
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. WHITE BEANS AND SAUSAGE 4 OZ. BROWN RICE 4 OZ. MUSTARD GREENS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ. ITALIAN BAKED CHICKEN BREAST 4 OZ. MASHED POTATOES 4 OZ. ITALIAN GREEN BEANS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA. MEATLOAF 4 OZ. MASHED POTATOES 4 OZ. MIXED VEGETABLES 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ. BAKED HAM 4 OZ. BLACKEYED PEAS 4 OZ. BROCCOLI 1 SL. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ. BAKED CHICKEN 4 OZ. MACARONI AND CHEESE 4 OZ. ZUCCHINI SQUASH 1 SL. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ. POT ROAST 4 OZ. PARSLIED NEW POTATOES 4 OZ. GREEN BEANS 1 SL. WHEAT BREAD 1 EA 2% MILK	6 OZ. SMOTHERED CABBAGE W/ SAUSAGE 4 OZ. BROWN RICE 4 OZ. ZUCCHINI /TOMATOES 1 SL. WHEAT BREAD 1 EA 2% 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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WEEK 6



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
FEBRAURY 12, 2024		FEBRAURY 13, 2024		FEBRAURY 14, 2024		FEBRAURY 15, 2024		FEBRAURY 16, 2024		FEBRAURY 17, 2024		FEBRAURY 18, 2024	
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	
3 OZ. CHICKEN 4 OZ. WHITE RICE 4 OZ. WHITE BEANS 4 OZ. GREENS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK		1 EA PORK CHOP w/GRAVY 4 OZ. RICE PILAF 4 OZ. GREEN BEANS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK		4 OZ. BRAISED BEEF 4 OZ. BROWN RICE 4 OZ. BABY CARROTS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK		1 EA. BARBECUE CHICKEN 4 OZ. SCALLOPED POTATOES 4 OZ. OKRA 1 SL. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK		6 EA. MEATBALLS 1 OZ. W/GRAVY 4 OZ. RICE 4 OZ. CAULIFLOWER 1 SL. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK		3 OZ. BAKED FISH 4 OZ. MASHED POTATOES 4 OZ. BROCCOLI FLORETS 1 SL. WHEAT BREAD 1 EA 2% MILK		4 OZ. MEAT SAUCE 4 OZ. SPAGHETTI 4 OZ. ITALIAN GREEN BEANS 4 OZ. YELLOW SQUASH 1 SL. WHEAT BREAD 1 EA 2% MILK	
CALORIES	672	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%	18%	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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WEEK 7



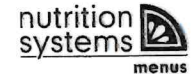
EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR FEBRUARY 19 - 25, 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FEBRUARY 19, 2024	FEBRUARY 20, 2024	FEBRUARY 21, 2024	FEBRUARY 22, 2024	FEBRUARY 23, 2024	FEBRUARY 24, 2024	FEBRUARY 25, 2024
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. RED BEANS AND SMOKED SAUSAGE 4 OZ. BROWN RICE 4 OZ. GREENS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ. CHICKEN SPAGHETTI 4 OZ. ITALIAN MIXED VEGETABLE 4 OZ. PEAS w/ONIONS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ. BAKED HAM 4 OZ. GREEN BEANS 4 OZ. BLACKEYED PEAS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ. BEEF STEW 4 OZ. RICE 4 OZ. MIXED VEGETABLES 1 SL. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA SALISBURY STEAK 4 OZ. STEAMED RICE 4 OZ. YELLOW SQUASH 1 SL. WHEAT BREAD 1 EA 2% MILK	3 OZ. LEMON DILL FISH 4 OZ. MASHED POTATOES 4 OZ. GREEN PEAS 1 SL. WHEAT BREAD 1 EA. SNACK 1 EA 2% MILK	4 OZ. TURKEY W/TURKEY GRAVY 4 OZ. MASHED POTATOES 4 OZ. PRINCE EDWARD VEGETABLES 1 SL. WHEAT BREAD 1 EA 2% MILK
CALORIES 677	CALORIES 629	CALORIES 625	CALORIES 607	CALORIES 665	CALORIES 658	CALORIES 646
PROTEIN 32	PROTEIN 43	PROTEIN 38	PROTEIN 33	PROTEIN 31	PROTEIN 34	PROTEIN 47
FAT% 25%	FAT% 17%	FAT% 15%	FAT% 10%	FAT% 24%	FAT% 20%	FAT% 13%
SODIUM 846	SODIUM 911	SODIUM 1449	SODIUM 474	SODIUM 691	SODIUM 652	SODIUM 480
FIBER 15	FIBER 12	FIBER 10	FIBER 9	FIBER 4	FIBER 10	FIBER 5
VITAMIN A 933	VITAMIN A 650	VITAMIN A 109	VITAMIN A 556	VITAMIN 546	VITAMIN A 672	VITAMIN A 682

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WEEK 8



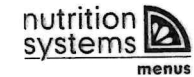
EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR FEBRUARY 26 – MARCH 3, 2024 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
FEBRUARY 26, 2024		FEBRUARY 27, 2024		FEBRUARY 28, 2024		FEBRUARY 29, 2024		MARCH 1, 2024		MARCH 2, 2024		MARCH 3, 2024	
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. ROAST BEEF 2 OZ. AU JUS 4 OZ. RICE DRESSING 4 OZ. MIXED VEGETABLES 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK		3 OZ. CHICKEN FLORENTINE 4 OZ. WILD RICE 4 OZ. GREEN BEANS w/PIMENTOS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK		6 OZ. CHILI WITH BEANS 4 OZ. BROWN RICE 4 OZ. BROCCOLI 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK		3 OZ. GRILLED CHICKEN BREAST 4 OZ. MASHED POTATOES 4 OZ. MIXED VEGETABLES 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA. SNACK 1 EA. 2% MILK		1 EA. BARBECUE BEEF PATTY 4 OZ. BAKED BEANS 4 OZ. SLICED CARROTS 1 SL. WHEAT BREAD 1 EA. 2% MILK		4 OZ. LEMON BAKED FISH 4 OZ. SCALLOPED POTATOES 4 OZ. PRINCE EDWARD BLEND VEGETABLES 1 SL. WHEAT BREAD 1 EA. SNACK 1 EA. 2% MILK		1 EA. PORK CHOP 1 OZ. W/GRAVY 4 OZ. MASHED SWEET POTATOES 4 OZ. CALIFORNIA MIX VEGETABLES 1 SL. WHEAT BREAD 1 EA. 2% MILK	
CALORIES	635	CALORIES	681	CALORIES	669	CALORIES	648	CALORIES	705	CALORIES	657	CALORIES	639
PROTEIN	37	PROTEIN	47	PROTEIN	35	PROTEIN	43	PROTEIN	34	PROTEIN	36	PROTEIN	45
FAT%	28%	FAT%	18%	FAT%	21%	FAT%	10%	FAT%	24%	FAT%	20%	FAT%	14%
SODIUM	819	SODIUM	651	SODIUM	745	SODIUM	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	VITAMIN A	150	VITAMIN	445	VITAMIN A	908	VITAMIN A	110

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WEEK 9



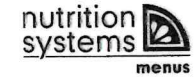
EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 4 -10, 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH 4, 2024	MARCH 5, 2024	MARCH 6, 2024	MARCH 7, 2024	MARCH 8, 2024	MARCH 9, 2024	MARCH 10, 2024
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. SMOKED SAUSAGE 4 OZ. WHITE BEANS 4 OZ. BROWN RICE 4 OZ. MUSTARD GREENS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ. SHRIMP ETOUFFEE 4 OZ. BROWN RICE 4 OZ. GREEN BEANS 1 SL. WHEAT BREAD 1 EA. SNACK 1 EA. 2% MILK	3 OZ. LEMON DILL CHICKEN 4 OZ. RICE PILAF 4 OZ. GREEN BEANS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ. CHICKEN STEW 4 OZ. BROWN RICE 4 OZ. BROCCOLI 1 SL. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ. SMOKED SAUSAGE 4 OZ. LIMA BEANS 4 OZ. GLAZED CARROTS 1 SL. WHEAT BREAD 1 EA. FRUIT 1 EA. BROWNIE 1 EA. 2% MILK	1 EA. BAKED CHICKEN BREAST 4 OZ. MASHED POTATOES 4 OZ. BABY CARROTS 1 SL. WHEAT BREAD 1 EA 2% MILK	6 OZ. CHICKEN AND SAUSAGE SPAGHETTI 4 OZ. ITALIAN MIX VEGETABLES 4 OZ. GREEN PEAS 1 SL. WHEAT BREAD 1 EA 2% MILK
CALORIES 749	CALORIES 681	CALORIES 663	CALORIES 798	CALORIES 769	CALORIES 619	CALORIES 770
PROTEIN 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%
SODIUM 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
VITAMIN A 742	VITAMIN A 838	VITAMIN A 218	VITAMIN A 774	VITAMIN 324	VITAMIN A 226	VITAMIN A 865

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WEEK 10



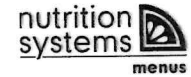
EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 11 - 17, 2024 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MARCH 11, 2024		MARCH 12, 2024		MARCH 13, 2024		MARCH 14, 2024		MARCH 15, 2024		MARCH 16, 2024		MARCH 17, 2024	
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. RED BEANS AND SAUSAGE 4 OZ. BROWN RICE 4 OZ. MUSTARD GREENS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK		3 OZ. ITALIAN BAKED CHICKEN BREAST 4 OZ. MASHED POTATOES 4 OZ. ITALIAN GREEN BEANS 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK		6 OZ. CHICKEN AND SAUSAGE STEW 4 OZ. BROWN RICE 4 OZ. MIXED VEGETABLES 1 SL. WHEAT BREAD 4 OZ. FRUIT 1 EA SNACK 1 EA 2% MILK		6 OZ. BEEF STEW 4 OZ. RICE 4 OZ. MIXED VEGETABLES 1 SL. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK		3 OZ. BAKED FISH 4 OZ. MASHED POTATOES 4 OZ. SQUASH 1 SL. WHEAT BREAD 1 EA SNACK 1 EA 2% MILK		3 OZ. POT ROAST 4 OZ. PARSLIED NEW POTATOES 4 OZ. GREEN BEANS 1 SL. WHEAT BREAD 1 EA 2% MILK		1 EA. SALISBURY STEAK 4 OZ. BROWN RICE 4 OZ. ZUCCHINI /TOMATOES 1 SL. WHEAT BREAD 1 EA 2% MILK	
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 A	628	VITAMIN A	189	VITAMIN A	772

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WEEK 11



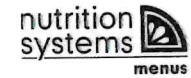
EBRCOA FROZEN MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MARCH 18 - 24, 2024 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MARCH 18, 2024		MARCH 19, 2024		MARCH 20, 2024		MARCH 21, 2024		MARCH 22, 2024		MARCH 23, 2024		MARCH 24, 2024	
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. CHICKEN SAUSAGE STEW		1 EA PORK CHOP w/GRAVY		6 OZ. BRAISED BEEF		1 EA. CHICKEN CACCIATORE		6 OZ. SHRIMP CREOLE		3 OZ. BBQ PULLED PORK		4 OZ. MEAT SAUCE	
4 OZ. WHITE RICE		4 OZ. RICE PILAF		1 OZ. W/ONIONS & PEPPERS		4 OZ. RICE		4 OZ. BROWN RICE		4 OZ. MASHED POTATOES		4 OZ. SPAGHETTI	
4 OZ. SPINACH		4 OZ. GREEN BEANS		4 OZ. BROWN RICE		4 OZ. OKRA		4 OZ. CORN		4 OZ. BROCCOLI FLORETS		4 OZ. ITALIAN GREEN BEANS	
1 sl. WHEAT BREAD		1 sl. WHEAT BREAD		4 OZ. BABY CARROTS		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		4 OZ. YELLOW SQUASH	
4 OZ. FRUIT		4 OZ. FRUIT		1 SL. WHEAT BREAD		1 EA SNACK		1 EA SNACK		1 EA 2% MILK		1 SL. WHEAT BREAD	
1 EA SNACK		1 EA SNACK		4 OZ. FRUIT		1 EA 2% MILK						1 EA 2% MILK	
1 EA % MILK		1 EA 2% MILK		1 EA SNACK									
1 EA 2% MILK				1 EA 2% MILK									
CALORIES	817	CALORIES	665	CALORIES	672	CALORIES	623	CALORIES	668	CALORIES	648	CALORIES	668
PROTEIN	36	PROTEIN	46	PROTEIN	28	PROTEIN	43	PROTEIN	22	PROTEIN	41	PROTEIN	29
FAT%	42%	FAT%	20%	FAT%	10%	FAT%	11%	FAT%	11%	FAT%	22%	FAT%	16%
SODIUM	832	SODIUM	533	SODIUM	497	SODIUM	1190	SODIUM	836	SODIUM	446	SODIUM	329
FIBER	11	FIBER	7	FIBER	9	FIBER	7	FIBER	6	FIBER	6	FIBER	10
VITAMIN A	954	VITAMIN A	155	VITAMIN A	415	VITAMIN A	969	VITAMIN A	957	VITAMIN A	226	VITAMIN A	527

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WEEK 12



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MARCH 25, 2024		MARCH 26, 2024		MARCH 27, 2024		MARCH 28, 2024		MARCH 29, 2024		MARCH 30, 2024		MARCH 31, 2024	
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. WHITE BEANS AND SMOKED SAUSAGE		4 OZ. TURKEY PATTY 1 OZ. W/GRAVY		3 OZ. BAKED HAM 4 OZ. GREEN BEANS 4 OZ. BLACKEYED PEAS		6 OZ. SMOTHERED SAUSAGE AND OKRA		3 OZ. LEMON PEPPER BAKED FISH		1 EA. SALISBURY STEAK 4 OZ. YELLOW SQUASH		6 OZ. CHICKEN ALFREDO	
4 OZ. BROWN RICE		4 OZ. MASHED POTATOES		1 SL. WHEAT BREAD		4 OZ. RICE		4 OZ. MASHED POTATOES		4 OZ. STEAMED RICE		4 OZ. MIXED VEGETABLES	
4 OZ. GREENS		4 OZ. MIXED VEGETABLES		4 OZ. FRUIT		1 SL. WHEAT BREAD		4 OZ. GREENS OF CHOICE		1 SL. WHEAT BREAD		1 SL. WHEAT BREAD	
1 SL. WHEAT BREAD		1 SL. WHEAT BREAD		1 EA SNACK		4 OZ. FRUIT		1 SL. WHEAT BREAD		1 EA 2% MILK		1 EA 2% MILK	
4 OZ. FRUIT		1 EA SNACK		1 EA 2% MILK		1 EA SNACK		1 EA SNACK					
1 EA SNACK		1 EA 2% MILK				1 EA 2% MILK		1 EA 2% MILK					
1 EA 2% MILK													
CALORIES	732	CALORIES	652	CALORIES	625	CALORIES	684	CALORIES	612	CALORIES	648	CALORIES	729
PROTEIN	36	PROTEIN	55	PROTEIN	38	PROTEIN	29	PROTEIN	31	PROTEIN	31	PROTEIN	41
FAT%	27%	FAT%	10%	FAT%	15%	FAT%	28%	FAT%	23%	FAT%	24%	FAT%	24%
SODIUM	942	SODIUM	519	SODIUM	1449	SODIUM	2657	SODIUM	536	SODIUM	600	SODIUM	1238
FIBER	14	FIBER	8	FIBER	10	FIBER	10	FIBER	6	FIBER	4	FIBER	14
VITAMIN A	920	VITAMIN A	141	VITAMIN A	109	VITAMIN A	395	VITAMIN	466	VITAMIN A	546	VITAMIN A	397

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