



WEEK 1

EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR APRIL 1 - 5, 2024 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
APRIL 1, 2024		APRIL 2, 2024		APRIL 3, 2024		APRIL 4, 2024		APRIL 5, 2024	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ SAUSAGE & CHICKEN	3 OZ BOURBON CHICKEN	1 EA BAKED PORK CHOP	1 EA HAMBURGER STEAK	3 OZ TURKEY OR CHICKEN	3 OZ TURKEY OR CHICKEN	3 OZ TURKEY OR CHICKEN	3 OZ TURKEY OR CHICKEN	3 OZ TURKEY OR CHICKEN	3 OZ TURKEY OR CHICKEN
JAMBALAYA	4 OZ MASHED POTATOES	4 OZ MASHED SWEET POTATOES	1 OZ GRAVY W/ONION & PEPPER GRAVY	SAUSAGE POBOY	SAUSAGE POBOY	SAUSAGE POBOY	SAUSAGE POBOY	SAUSAGE POBOY	SAUSAGE POBOY
4 OZ WHITE BEANS	4 OZ BRUSSEL SPROUTS	4 OZ GREEN BEANS	4 OZ BROWN RICE	COLESLAW	COLESLAW	COLESLAW	COLESLAW	COLESLAW	COLESLAW
4 OZ PARSLIED CARROTS	1 EA WHEAT BREAD	1 EA WHEAT ROLL	4 OZ MIXED VEGETABLES	PEACHES	PEACHES	PEACHES	PEACHES	PEACHES	PEACHES
1 SLI WHEAT BREAD	4 OZ APPLESAUCE	4 OZ APPLE COBBLER	1 SLI WHEAT BREAD	1 SLI WHEAT BREAD	1 SLI WHEAT BREAD	1 SLI WHEAT BREAD	1 SLI WHEAT BREAD	1 SLI WHEAT BREAD	1 SLI WHEAT BREAD
1 SLI LEMON CAKE	1 EA 2% MILK	1 EA 2% MILK	4 OZ DICED PEARS	2 EA CHOCOLATE CHIPS	2 EA CHOCOLATE CHIPS	2 EA CHOCOLATE CHIPS	2 EA CHOCOLATE CHIPS	2 EA CHOCOLATE CHIPS	2 EA CHOCOLATE CHIPS
1 EA 2% MILK			1 PC YELLOW CAKE	1 EA COOKIES	1 EA COOKIES	1 EA COOKIES	1 EA COOKIES	1 EA COOKIES	1 EA COOKIES
			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 896	CALORIES 802	CALORIES 697	CALORIES 737	CALORIES 701	CALORIES 701	CALORIES 701	CALORIES 701	CALORIES 701	CALORIES 701
PROTEIN 42	PROTEIN 45	PROTEIN 38	PROTEIN 35	PROTEIN 37	PROTEIN 37	PROTEIN 37	PROTEIN 37	PROTEIN 37	PROTEIN 37
FAT% 25%	FAT% 21%	FAT% 27%	FAT% 19%	FAT% 32%	FAT% 32%	FAT% 32%	FAT% 32%	FAT% 32%	FAT% 32%
SODIUM 1603	SODIUM 1915	SODIUM 684	SODIUM 672	SODIUM 1827	SODIUM 1827	SODIUM 1827	SODIUM 1827	SODIUM 1827	SODIUM 1827
FIBER 17	FIBER 8	FIBER 8	FIBER 13	FIBER 17	FIBER 17	FIBER 17	FIBER 17	FIBER 17	FIBER 17
VITAMIN A 587	VITAMIN A 342	VITAMIN A 573	VITAMIN A 603	VITAMIN A 655	VITAMIN A 655	VITAMIN A 655	VITAMIN A 655	VITAMIN A 655	VITAMIN A 655

*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 CONGREGATE NUTRITIONAL INFORMATION FOR MENU APRIL 8 - 12, 2024, MENU

MONDAY APRIL 8, 2024		TUESDAY APRIL 9, 2024		WEDNESDAY APRIL 10, 2024		THURSDAY APRIL 11, 2024		FRIDAY APRIL 12, 2024	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
8 OZ CHICKEN ALFREDO	3 OZ BAKED CHICKEN	1 EA LEMON PEPPER	6 OZ RED BEANS	1 EA TUNA SALAD	1 EA. TUNA SALAD				
4 OZ ITALIAN GREEN BEANS	4 OZ BROWN RICE PILAF	4 OZ CATFISH	4 OZ W/SAUSAGE	4 OZ SANDWICH	4 OZ SANDWICH				
4 OZ GREEN SALAD	4 OZ VEGETABLE MEDLEY	4 OZ ROASTED POTATOES	4 OZ BROWN RICE	4 OZ BAKED POTATO	4 OZ BAKED POTATO				
1 SLI GARLIC BREAD	1 SLI WHEAT ROLL	4 OZ MAPLE GLAZED CARROTS	1 SLI CORNBREAD MUFFIN	CHIPS	CHIPS				
4 OZ BAKED APPLES	4 OZ FRUIT COCKTAIL	1 EA. SOFT ROLL	4 OZ SLICED PEACHES	1 EA. LETTUCE/TOMATO	1 EA. LETTUCE/TOMATO				
1 EA 2% MILK	2 EA SUGAR COOKIES	2 EA PEANUT BUTTER COOKIES	1 PC STRAWBERRY CAKE	4 OZ TROPICAL FRUIT	4 OZ TROPICAL FRUIT				
	1 EA 2% MILK	1 PC FRESH FRUIT	1 EA 2% MILK	1 PC FRESH FRUIT	1 PC FRESH FRUIT				
		1 EA 2% MILK		1 EA 2% MILK	1 EA 2% MILK				
CALORIES 828	CALORIES 651	CALORIES 726	CALORIES 987	CALORIES 657	CALORIES 657				
PROTEIN 32	PROTEIN 44	PROTEIN 34	PROTEIN 36	PROTEIN 27	PROTEIN 27				
FAT% 41%	FAT% 17%	FAT% 21%	FAT% 47%	FAT% 16%	FAT% 16%				
SODIUM 1027	SODIUM 869	SODIUM 719	SODIUM 1318	SODIUM 941	SODIUM 941				
FIBER 10	FIBER 8	FIBER 11	FIBER 14	FIBER 7	FIBER 7				
VITAMIN A 741	VITAMIN A 454	VITAMIN A 548	VITAMIN A 252	VITAMIN A 354	VITAMIN A 354				

*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 3



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR APRIL 15 – 19, 2024 MENU

MONDAY APRIL 15, 2024 LUNCH		TUESDAY APRIL 16, 2024 LUNCH		WEDNESDAY APRIL 17, 2024 LUNCH		THURSDAY APRIL 18, 2024 LUNCH		FRIDAY APRIL 19, 2024 LUNCH	
3 OZ SMOKED SAUSAGE		3 OZ TUNA SALAD ON LETTUCE		SENIOR SKIP 3.0		4 OZ. BBQ PULLED PORK		1 EA TURKEY SANDWICH	
4 OZ RED BEANS		1 EA BUN				4 OZ. BAKED BEANS		1 OZ POTATO CHIPS	
4 OZ RICE		1 EA BAKED CHIPS				4 OZ. COLESLAW		4 OZ CARROT STICKS	
4 OZ. GREEN BEANS		1 EA COOKIE				1 SLI WHEAT BREAD		2 SLI WHEAT BREAD	
1 EA APPLE CRISP		1 EA 2% MILK				1 PC GELATIN		4 OZ FRESH FRUIT CUP	
1 EA 2% MILK				1 EA 2% MILK		1 SL BLONDE BROWNIE		1 EA 2% MILK	
CALORIES	623	CALORIES	760			CALORIES	774	CALORIES	858
PROTEIN	27	PROTEIN	31			PROTEIN	47	PROTEIN	33
FAT%	25%	FAT%	25%			FAT%	26%	FAT%	28%
SODIUM	1048	SODIUM	1090			SODIUM	1269	SODIUM	1314
FIBER	11	FIBER	5			FIBER	13	FIBER	9
VITAMIN A	116	VITAMIN A	948			VITAMIN A	338	VITAMIN A	633

*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 4



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU APRIL 22 - 26, 2024 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
APRIL 22, 2024		APRIL 23, 2024		APRIL 24, 2024		APRIL 25, 2024		APRIL 26, 2024	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
1 EA HAMBURGER STEAK	6 OZ TERIYAKI CHICKEN	3 OZ BARBECUE PULLED CHICKEN	6 OZ WHITE BEANS & SAUSAGE	1 EA CHEESEBURGER	4 OZ GRAVY	4 OZ VEGETABLE MIX	4 OZ BROWN RICE	4 OZ COLESLAW	4 OZ COLESLAW
4 OZ MASHED POTATOES	4 OZ MASHED POTATOES	4 OZ BAKED BEANS	4 OZ COLLARD GREENS	4 OZ ROASTED POTATO	4 OZ GREEN BEANS	1 EA WHEAT ROLL	1 EA CORNBREAD	FRIES	1 EA LETTUCE/TOMATO
1 EA ROLL	4 OZ PEACH CRISP	1 SLI WHEAT BREAD	1 EA BANANA	1 EA WHEAT BUN	1 EA ROLL	1 EA 2% MILK	4 OZ APPLE CRISP	1 EA FRESH FRUIT	1 EA BROWNIE
4 OZ PIE	1 EA 2% MILK	4 OZ FRUIT	1 EA 2% MILK	1 EA 2% MILK	4 OZ PIE	1 EA 2% MILK	1 EA 2% MILK	1 EA 2% MILK	1 EA 2% MILK
1 EA 2% MILK		4 OZ GELATIN			1 EA 2% MILK				
		1 EA 2% MILK							
CALORIES 675	CALORIES 658	CALORIES 844	CALORIES 927	CALORIES 793	PROTEIN 27	PROTEIN 41	PROTEIN 37	PROTEIN 35	FAT% 27%
FAT% 27%	FAT% 9%	FAT% 29%	FAT% 39%	FAT% 27%	SODIUM 826	SODIUM 1021	SODIUM 1240	SODIUM 1306	FIBER 5
FIBER 5	FIBER 12	FIBER 12	FIBER 15	FIBER 14	VITAMIN A 478	VITAMIN A 114	VITAMIN A 124	VITAMIN A 546	

*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 5



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU APRIL 29 – MAY 3, 2024 MENU

MONDAY APRIL 29, 2024		TUESDAY APRIL 30, 2024		WEDNESDAY MAY 1, 2024		THURSDAY MAY 2, 2024		FRIDAY MAY 3, 2024	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
1 EA	BOURBON CHICKEN THIGHS	1 EA.	CHICKEN SALAD SANDWICH	1 EA	STUFFED BELL PEPPER	6 OZ	BLACKKEYED PEAS W/HAM	2 EA.	BEEF TACO
4 OZ	SCALLOPED POTATOES	1 OZ	POTATO CHIPS	1 OZ	W/RED GRAVY	4 OZ	BROWN RICE	4 OZ.	SPANISH RICE
4 OZ	CALIFORNIA BLEND	4 OZ	GREEN PEAS	4 OZ	BROWN RICE	4 OZ	COLLARD GREENS	4 OZ.	REFRIED BEANS
1 SLI	WHEAT BREAD	1 EA	LETTUCE	4 OZ	GREEN BEANS	1 SLI	CORNBREAD	1	PEANUT BUTTER COOKIE
4 OZ	PEACH CRISP	1 EA.	FRUIT	1 SLI	W/PEARL ONIONS		MUFFIN	1	2% MILK
1 EA	2% MILK	1 EA.	BROWNI	4 OZ	WHEAT BREAD	1 PC	FRUIT		
		1 EA	2% MILK	1 PC	APPLESAUCE	1 EA	2% MILK		
				1 EA	YELLOW CAKE				
					2% MILK				
CALORIES	779	CALORIES	865	CALORIES	730	CALORIES	717	CALORIES	678
PROTEIN	44	PROTEIN	38	PROTEIN	32	PROTEIN	40	PROTEIN	36
FAT%	27%	FAT%	22%	FAT%	24%	FAT%	25%	FAT%	29%
SODIUM	1153	SODIUM	817	SODIUM	904	SODIUM	1844	SODIUM	798
FIBER	10	FIBER	15	FIBER	11	FIBER	28	FIBER	11
VITAMIN A	881	VITAMIN A	807	VITAMIN A	588	VITAMIN A	905	VITAMIN A	337

*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 6



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MAY 6 - 10, 2024 MENU

MONDAY MAY 6, 2024 LUNCH		TUESDAY MAY 7, 2024 LUNCH		WEDNESDAY MAY 8, 2024 LUNCH		THURSDAY MAY 9, 2024 LUNCH		FRIDAY MAY 10, 2024 LUNCH	
1 EA	HERB ROASTED CHICKEN	1 EA	PULLED PORK SANDWICH	1 EA	GRAVY STEAK	8 OZ	WHITE BEANS w/ SMOKED	2 EA.	HOT DOGS W/CHILLI AND CHEESE
4 OZ	MACARONI & CHEESE	1 OZ	BAKED BEANS	4 OZ	MASHED POTATOES	4 OZ	TURKEY SAUSAGE	1 OZ.	BAKED POTATO CHIPS
4 OZ	FLAME ROASTED CORN	1 EA	LETTUCE & TOMATO	1 SLI	WHEAT BREAD	4 OZ	BROWN RICE	4 OZ.	COLESLAW
1 SLI	WHEAT BREAD	2 SLI	WHEAT BREAD	1 EA	RICE KRISPY TREAT	4 OZ	TURNIP GREENS	1 EA.	FRESH FRUIT
4 OZ	BANANA PUDDING	4 OZ	FRUIT COCKTAIL	1 EA	2% MILK	1 EA	CORNBREAD	1 SLI	LEMON CAKE
1 EA	2% MILK	1 SL	BLONDE BROWNIE				MUFFIN	1 EA	2% MILK
		1 EA	2% MILK				4 OZ. GELATIN W/FRUIT COCKTAIL		
							1 EA	2% MILK	
CALORIES	858	CALORIES	796	CALORIES	652	CALORIES	664	CALORIES	897
PROTEIN	46	PROTEIN	33	PROTEIN	36	PROTEIN	32	PROTEIN	31
FAT%	18%	FAT%	23%	FAT%	22%	FAT%	23%	FAT%	24%
SODIUM	1078	SODIUM	1240	SODIUM	667	SODIUM	1464	SODIUM	1456
FIBER	10	FIBER	11	FIBER	11	FIBER	6	FIBER	17
VITAMIN A	807	VITAMIN A	774	VITAMIN A	672	VITAMIN A	863	VITAMIN A	340

*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 7

EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MAY 13 – 18, 2024, MENU

MONDAY MAY 13, 2024		TUESDAY MAY 14, 2024		WEDNESDAY MAY 15, 2024		THURSDAY MAY 16, 2024		FRIDAY MAY 18, 2024	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
1 EA HAMBURGER		3 OZ JERK CHICKEN		1 EA BAKED PORK CHOP		6 OZ SAUSAGE & CHICKEN		1 EA FRIED FISH	
STEAK W/GRAVY, PEPPERS AND ONIONS		4 OZ MASHED POTATOES		4 OZ MASHED SWEET POTATOES		JAMBALAYA		4 OZ. POTATO SALAD	
4 OZ BROWN RICE		1 EA WHEAT BREAD		4 OZ GREEN BEANS		4 OZ WHITE BEANS		4 OZ. GREEN PEAS	
4 OZ MIXED VEGETABLES		1 EA APPLE		1 EA WHEAT ROLL		4 OZ PARSLIED CARROTS		4 OZ. PEACHES	
1 SLI WHEAT BREAD		1 EA SUGAR COOKIE		4 OZ APPLE COBBLER		1 SLI WHEAT BREAD		1 SLI BREAD	
4 OZ DICED PEARS		1 EA 2% MILK		1 EA 2% MILK		1 SLI LEMON CAKE			
1 EA 2% MILK						1 EA 2% MILK			
CALORIES 723		CALORIES 630		CALORIES 684		CALORIES 897		CALORIES 902	
PROTEIN 34		PROTEIN 34		PROTEIN 32		PROTEIN 41		PROTEIN 45	
FAT% 25%		FAT% 13%		FAT% 24%		FAT% 25%		FAT% 30%	
SODIUM 553		SODIUM 430		SODIUM 543		SODIUM 1513		SODIUM 1620	
FIBER 13		FIBER 9		FIBER 8		FIBER 17		FIBER 20	
VITAMIN A 453		VITAMIN A 780		VITAMIN A 853		VITAMIN A 587		VITAMIN A 602	

*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 8

EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU MAY 20 – 24, 2024 MENU

MONDAY MAY 20, 2024		TUESDAY MAY 21, 2024		WEDNESDAY MAY 22, 2024		THURSDAY MAY 23, 2024		FRIDAY MAY 24, 2024	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
8 OZ CHICKEN ALFREDO	3 OZ BAKED CHICKEN	3 OZ LEMON PEPPER CATFISH	6 OZ RED BEANS W/SAUSAGE	1 EA TUNA SALAD SANDWICH	4 OZ ITALIAN GREEN BEANS	4 OZ BROWN RICE	4 OZ BROWN RICE	4 OZ BAKED CHIPS	4 OZ BAKED CHIPS
4 OZ GREEN SALAD	4 OZ VEGETABLE MEDLEY	4 OZ ROASTED POTATOES	4 OZ GREENS	1 EA LETTUCE & TOMATO	1 SLI WHEAT ROLL	1 SLI WHEAT BREAD	1 PC FRESH FRUIT	1 PC FRESH FRUIT	1 PC FRESH FRUIT
1 SLI GARLIC BREAD	4 OZ FRUIT COCKTAIL	1 EA SOFT ROLL	1 SLI WHEAT ROLL	1 CHOCOLATE CHIP COOKIE	2 EA SUGAR COOKIES	4 OZ SLICED PEACHES	1 CHOCOLATE CHIP COOKIE	1 CHOCOLATE CHIP COOKIE	1 CHOCOLATE CHIP COOKIE
4 OZ BAKED APPLES	1 EA 2% MILK	2 EA PEANUT BUTTER COOKIES	2 EA PEANUT BUTTER COOKIES	1 EA 2% MILK	1 EA 2% MILK	1 PC STRAWBERRY CAKE	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	799	CALORIES	753	CALORIES	681	CALORIES	886	CALORIES	892
PROTEIN	33	PROTEIN	23	PROTEIN	30	PROTEIN	37	PROTEIN	35
FAT%	32%	FAT%	22%	FAT%	19%	FAT%	31%	FAT%	29%
SODIUM	1588	SODIUM	1169	SODIUM	941	SODIUM	1218	SODIUM	1011
FIBER	8	FIBER	8	FIBER	7	FIBER	16	FIBER	11
VITAMIN A	386	VITAMIN A	415	VITAMIN A	465	VITAMIN A	805	VITAMIN A	658

*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 9



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR MENU MAY 27 - 31, 2024 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
MAY 27, 2024		MAY 28, 2024		MAY 29, 2024		MAY 30, 2024		MAY 31, 2024			
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH			
HAPPY MEMORIAL DAY		8 OZ TURKEY SPAGHETTI w/ MEATBALLS 4 OZ SQUASH 4 OZ ITALIAN MIXED VEGETABLES 1 EA WHEAT ROLL 1 PC GINGERBREAD CAKE 1 EA 2% MILK		4 OZ. BBQ PULLED PORK 4 OZ. BAKED BEANS 4 OZ. COLESLAW 1 SLI WHEAT BREAD 1 PC GELATIN 1 EA 2% MILK		1 EA SMOTHERED PORK CHOP w/GRAVY 4 OZ BROWN RICE 4 OZ BROCCOLI 1 SLI WHEAT BREAD 1 EA RICE KRISPY TREAT 1 EA 2% MILK		1 EA TURKEY SANDWICH 1 OZ POTATO CHIPS 4 OZ CARROT STICKS 2 SLI WHEAT BREAD 4 OZ FRESH FRUIT CUP 1 SL BLONDE BROWNIE 1 EA 2% MILK			
		CALORIES	987	CALORIES	774	CALORIES	577	CALORIES	858		
		PROTEIN	59	PROTEIN	47	PROTEIN	39	PROTEIN	33		
		FAT%	25%	FAT%	26%	FAT%	13%	FAT%	28%		
		SODIUM	1170	SODIUM	1269	SODIUM	514	SODIUM	1314		
		FIBER	14	FIBER	13	FIBER	6	FIBER	9		
VITAMIN A	770	VITAMIN A	338	VITAMIN A	939	VITAMIN A	633				

*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 CONGREGATE NUTRITIONAL INFORMATION FOR MENU JUNE 3 - 7, 2024 MENU

MONDAY JUNE 3, 2024		TUESDAY JUNE 4, 2024		WEDNESDAY JUNE 5, 2024		THURSDAY JUNE 6, 2024		FRIDAY JUNE 7, 2024	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	WHITE BEANS & SAUSAGE	6 OZ	LEMON PEPPER CHICKEN	3 OZ	BARBECUE PULLED CHICKEN	4 OZ	BEEF SAUSAGE	1 EA	CHEESEBURGER
4 OZ	BROWN RICE	4 OZ	CALIFORNIA VEGETABLE MIX	4 OZ	BAKED BEANS	1 OZ	PEPPERS AND ONIONS	4 OZ	CARROT/RAISIN SALAD
4 OZ	COLLARD GREENS	4 OZ	MASHED POTATOES	4 OZ	COLESLAW	4 OZ	PINTO BEANS	4 OZ.	ROASTED POTATO
1 EA	CORNBREAD	1 EA	WHEAT ROLL	1 SLI	WHEAT BREAD	4 OZ.	RICE		FRIES
1 EA	BANANA	4 OZ	PEACH CRISP	4 OZ	FRUIT	1 EA	WHEAT BREAD	1 EA.	LETTUCE/TOMATO
4 OZ	APPLE CRISP	1 EA	2% MILK	4 OZ.	GELATIN	2 EA	PEANUT BUTTER	1 EA	WHEAT BUN
1 EA	2% MILK			1 EA	2% MILK	1 EA	COOKIES	1 EA	FRESH FRUIT
							2% MILK	1 EA	BROWNIE
								1 EA	2% MILK
CALORIES	729	CALORIES	725	CALORIES	696	CALORIES	852	CALORIES	920
PROTEIN	40	PROTEIN	51	PROTEIN	41	PROTEIN	34	PROTEIN	39
FAT%	27%	FAT%	13%	FAT%	25%	FAT%	34%	FAT%	35%
SODIUM	1153	SODIUM	735	SODIUM	967	SODIUM	1597	SODIUM	1322
FIBER	14	FIBER	13	FIBER	12	FIBER	10	FIBER	11
VITAMIN A	475	VITAMIN A	461	VITAMIN A	471	VITAMIN A	858	VITAMIN A	458

*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 11



EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR JUNE 10 - 14, 2024 MENU

MONDAY JUNE 10, 2024		TUESDAY JUNE 11, 2024		WEDNESDAY JUNE 12, 2024		THURSDAY JUNE 13, 2024		FRIDAY JUNE 14, 2024	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
4 OZ. RED BEANS	1 EA OVEN ROASTED CHICKEN	1 EA SALISBURY STEAK	8 OZ SPAGHETTI	1 EA TUNA SALAD	1 EA TUNA SALAD	1 EA TUNA SALAD	1 EA TUNA SALAD	1 EA TUNA SALAD	1 EA TUNA SALAD
W/SAUSAGE	4 OZ SCALLOPED POTATOES	4 OZ MASHED POTATOES	w/ MEAT SAUCE	SANDWICH	SANDWICH	SANDWICH	SANDWICH	SANDWICH	SANDWICH
4 OZ. BROWN RICE	4 OZ CALIFORNIA BLEND	4 OZ GREEN BEANS w/PEARL ONIONS	4 OZ SQUASH	1 OZ POTATO CHIPS	1 OZ POTATO CHIPS	1 OZ POTATO CHIPS	1 OZ POTATO CHIPS	1 OZ POTATO CHIPS	1 OZ POTATO CHIPS
4 OZ. COLLARD GREENS	4 OZ PEACH CRISP	1 SLI WHEAT BREAD	4 OZ ITALIAN MIXED VEG	1 EA LETTUCE & TOMATO	1 EA LETTUCE & TOMATO	1 EA LETTUCE & TOMATO	1 EA LETTUCE & TOMATO	1 EA LETTUCE & TOMATO	1 EA LETTUCE & TOMATO
1 SLI CORNBREAD	1 EA 2% MILK	4 OZ. APPLESAUCE	1 EA WHEAT ROLL	2 SLI WHEAT BREAD	2 SLI WHEAT BREAD	2 SLI WHEAT BREAD	2 SLI WHEAT BREAD	2 SLI WHEAT BREAD	2 SLI WHEAT BREAD
1 PC. FRESH FRUIT		1 PC. YELLOW CAKE	1 PC CHOCOLATE CAKE	4 OZ FRUIT COCKTAIL	4 OZ FRUIT COCKTAIL	4 OZ FRUIT COCKTAIL	4 OZ FRUIT COCKTAIL	4 OZ FRUIT COCKTAIL	4 OZ FRUIT COCKTAIL
1 EA 2% MILK		1 EA 2% MILK	1 EA 2% MILK	1 SL BLONDE BROWNIE	1 SL BLONDE BROWNIE	1 SL BLONDE BROWNIE	1 SL BLONDE BROWNIE	1 SL BLONDE BROWNIE	1 SL BLONDE BROWNIE
				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 783	CALORIES 747	CALORIES 652	CALORIES 718	CALORIES 711	CALORIES 718	CALORIES 711	CALORIES 718	CALORIES 711	CALORIES 711
PROTEIN 65	PROTEIN 42	PROTEIN 36	PROTEIN 31	PROTEIN 41	PROTEIN 31	PROTEIN 41	PROTEIN 31	PROTEIN 41	PROTEIN 41
FAT% 35%	FAT% 29%	FAT% 22%	FAT% 20%	FAT% 11%	FAT% 20%	FAT% 11%	FAT% 20%	FAT% 11%	FAT% 11%
SODIUM 1044	SODIUM 1037	SODIUM 667	SODIUM 472	SODIUM 511	SODIUM 472	SODIUM 511	SODIUM 472	SODIUM 511	SODIUM 511
FIBER 15	FIBER 8	FIBER 11	FIBER 10	FIBER 7	FIBER 10	FIBER 7	FIBER 10	FIBER 7	FIBER 7
VITAMIN A 902	VITAMIN A 189	VITAMIN A 672	VITAMIN A 514	VITAMIN A 490	VITAMIN A 514	VITAMIN A 490	VITAMIN A 514	VITAMIN A 490	VITAMIN A 490

*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 12

EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR JUNE 17 - 21, 2024 MENU

MONDAY JUNE 17, 2024		TUESDAY JUNE 18, 2024		WEDNESDAY JUNE 19, 2024		THURSDAY JUNE 20, 2024		FRIDAY JUNE 21, 2024	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ	HERB ROASTED CHICKEN	1 EA	PULLED CHICKEN SANDWICH	1 EA	MEATLOAF	6 OZ	WHITE BEANS W/SMOKED TURKEY	1 EA.	CHICKEN SALAD SANDWICH
4 OZ	MACARONI AND CHEESE	4 OZ	BAKED BEANS	4 OZ	MASHED POTATOES			1 OZ	POTATO CHIPS
4 OZ	FLAME ROASTED CORN	4 OZ	CUCUMBER AND TOMATO SALAD	1 EA	WHEAT BREAD	4 OZ	SAUSAGE	4 OZ	CARROTS
1 EA	WHEAT BREAD	1 SLI	WHEAT BREAD	4 OZ	RICE KRISPY TREAT	4 OZ	BROWN RICE	1 SLI	WHEAT BREAD
4 OZ	BANANA PUDDING	4 OZ	FRUIT COCKTAIL	1 EA	2% MILK	4 OZ	TURNIP GREENS	1 EA.	FRESH FRUIT
1 EA	2% MILK	1 PC	BLONDE BROWNIE			1 SLI	CORNBREAD	1 EA	2% MILK
		1 EA	2% MILK			1 SLI	GELATIN W/FRUIT COCKTAIL		
						1 EA	2% MILK		
CALORIES	858	CALORIES	1081	CALORIES	574	CALORIES	833	CALORIES	777
PROTEIN	46	PROTEIN	54	PROTEIN	35	PROTEIN	43	PROTEIN	34
FAT%	18%	FAT%	40%	FAT%	20%	FAT%	27%	FAT%	30%
SODIUM	1038	SODIUM	2377	SODIUM	824	SODIUM	1498	SODIUM	1057
FIBER	10	FIBER	13	FIBER	7	FIBER	12	FIBER	9
VITAMIN A	102	VITAMIN A	804	VITAMIN A	634	VITAMIN A	863	VITAMIN A	398

*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 JUNE 24 -28, 2024 MENU

MONDAY JUNE 24, 2024		TUESDAY JUNE 25, 2024		WEDNESDAY JUNE 26, 2024		THURSDAY JUNE 27, 2024		FRIDAY JUNE 28, 2024	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
8 OZ CHICKEN ALFREDO	3 OZ BOURBON CHICKEN	1 EA. PORK CHOP	6 OZ SAUSAGE AND CHICKEN	1 EA. PORK CHOP	6 OZ SAUSAGE AND CHICKEN	1 EA. TUNA SALAD	1 EA. TUNA SALAD	1 EA. TUNA SALAD	1 EA. TUNA SALAD
4 OZ ITALIAN GREEN BEANS	4 OZ MASHED POTATOES	4 OZ MASHED SWEET POTATOES	4 OZ MASHED SWEET POTATOES	4 OZ MASHED SWEET POTATOES	4 OZ MASHED SWEET POTATOES	4 OZ BAKED CHIPS	4 OZ BAKED CHIPS	4 OZ BAKED CHIPS	4 OZ BAKED CHIPS
4 OZ GREEN SALAD	1 SLI WHEAT ROLL	4 OZ GREEN BEANS	4 OZ GREEN BEANS	4 OZ GREEN BEANS	4 OZ WHITE BEANS	1 EA. LETTUCE & TOMATO	1 EA. LETTUCE & TOMATO	1 EA. LETTUCE & TOMATO	1 EA. LETTUCE & TOMATO
1 SLI GARLIC BREAD	4 OZ FRUIT COCKTAIL	1 SLI WHEAT BREAD	4 OZ PARSLIED CARROTS	1 SLI WHEAT BREAD	4 OZ PARSLIED CARROTS	4 OZ TROPICAL FRUIT	4 OZ TROPICAL FRUIT	4 OZ TROPICAL FRUIT	4 OZ TROPICAL FRUIT
4 OZ BAKED APPLES	2 EA SUGAR COOKIES	4 OZ. APPLE COBBLER	1 SLI WHEAT BREAD	4 OZ. APPLE COBBLER	1 SLI WHEAT BREAD	2 EA PEANUT BUTTER COOKIES	2 EA PEANUT BUTTER COOKIES	2 EA PEANUT BUTTER COOKIES	2 EA PEANUT BUTTER COOKIES
1 EA 2% MILK	1 EA 2% MILK	1 EA 2% MILK	1 PC STRAWBERRY CAKE	1 EA 2% MILK	1 PC STRAWBERRY CAKE	1 EA 2% MILK	1 EA 2% MILK	1 EA 2% MILK	1 EA 2% MILK
CALORIES 799	CALORIES 917	CALORIES 651	CALORIES 956	CALORIES 651	CALORIES 956	CALORIES 886	CALORIES 886	CALORIES 886	CALORIES 886
PROTEIN 33	PROTEIN 46	PROTEIN 32	PROTEIN 44	PROTEIN 32	PROTEIN 44	PROTEIN 34	PROTEIN 34	PROTEIN 34	PROTEIN 34
FAT% 32%	FAT% 24%	FAT% 16%	FAT% 33%	FAT% 16%	FAT% 33%	FAT% 28%	FAT% 28%	FAT% 28%	FAT% 28%
SODIUM 1588	SODIUM 2009	SODIUM 941	SODIUM 1462	SODIUM 941	SODIUM 1462	SODIUM 1011	SODIUM 1011	SODIUM 1011	SODIUM 1011
FIBER 8	FIBER 9	FIBER 7	FIBER 16	FIBER 7	FIBER 16	FIBER 11	FIBER 11	FIBER 11	FIBER 11
VITAMIN A 386	VITAMIN A 206	VITAMIN A 725	VITAMIN A 816	VITAMIN A 725	VITAMIN A 816	VITAMIN A 658	VITAMIN A 658	VITAMIN A 658	VITAMIN A 658

*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.