



WEEK 1



EBR COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR APRIL 1 – 7, 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
APRIL 1, 2024	APRIL 2, 2024	APRIL 3, 2024	APRIL 4, 2024	APRIL 5, 2024	APRIL 6, 2024	APRIL 7, 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 SAUSAGE & CHICKEN JAMBALAYA 4 OZ WHITE BEANS 4 OZ PARSLIED CARROTS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ BOURBON CHICKEN 4 OZ WILD RICE 4 OZ BRUSSEL SPROUTS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ SMOTHERED PORK CHOP 4 OZ MASHED POTATOES 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA HAMBURGER STEAK 1 OZ GRAVY w/ONION & PEPPERS 4 OZ BROWN RICE 4 OZ MIXED VEGETABLES 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	4 OZ CHILI W/BEANS 4 OZ RICE 4 OZ CHUCKWAGON CORN 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA LEMON PEPPER CHICKEN BREAST 4 OZ MASHED POTATOES 4 OZ ITALIAN GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK	6 OZ BOWTIE LASAGNA W/MEAT SAUCE 4 OZ ITALIAN GREEN BEANS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 800	CALORIES 681	CALORIES 701	CALORIES 723	CALORIES 648	CALORIES 400	CALORIES 683
PROTEIN 42	PROTEIN 39	PROTEIN 39	PROTEIN 34	PROTEIN 36	PROTEIN 36	PROTEIN 39
FAT% 24%	FAT% 14%	FAT% 15%	FAT% 25%	FAT% 18%	FAT% 5%	FAT% 24%
SODIUM 1276	SODIUM 387	SODIUM 465	SODIUM 553	SODIUM 732	SODIUM 336	SODIUM 867
FIBER 16	FIBER 7	FIBER 7	FIBER 13	FIBER 12	FIBER 6	FIBER 9
VITAMIN A 444	VITAMIN A 416	VITAMIN A 357	VITAMIN A 453	VITAMIN A 857	VITAMIN A 225	VITAMIN A 206

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WEEK 2



EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MENU APRIL 8 – 14, 2024, MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
APRIL 8, 2024	APRIL 9, 2024	APRIL 10, 2024	APRIL 11, 2024	APRIL 12, 2024	APRIL 13, 2024	APRIL 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
4 OZ RED BEANS 4 OZ BROWN RICE 4 OZ BROCCOLI FLORETTES 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ BAKED CHICKEN 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA SWISS STEAK 1 OZ MUSHROOMS 4 OZ MASHED POTATOES 1 OZ. BROWN GRAVY 4 OZ CALIFORNIA MIX VEGETABLES 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	8 OZ MEAT SAUCE W/ SPAGHETTI 4 OZ ITALIAN GREEN BEANS 4 OZ CORN 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA BBQ PORK CHOP 4 OZ BAKED BEANS 4 OZ CHEESY CAULIFLOWER 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ CHICKEN ALFREDO 4 OZ ITALIAN GREEN BEANS 4 OZ BROCCOLI 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA 2% MILK	3 OZ SMOTHERED CHICKEN 4 OZ BROWN RICE 1 OZ GRAVY 4 OZ GREEN PEAS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 681	CALORIES 781	CALORIES 871	CALORIES 799	CALORIES 1083	CALORIES 791	CALORIES 633
PROTEIN 26	PROTEIN 26	PROTEIN 37	PROTEIN 37	PROTEIN 43	PROTEIN 36	PROTEIN 41
FAT% 4%	FAT% 13%	FAT% 32%	FAT% 20%	FAT% 24%	FAT% 19%	FAT% 9%
SODIUM 440	SODIUM 668	SODIUM 852	SODIUM 409	SODIUM 1339	SODIUM 1189	SODIUM 807
FIBER 14	FIBER 6	FIBER 13	FIBER 13	FIBER 18	FIBER 8	FIBER 9
VITAMIN A 431	VITAMIN A 212	VITAMIN A 490	VITAMIN A 204	VITAMIN A 149	VITAMIN A 536	VITAMIN A 564

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WEEK 3



EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR APRIL 15 – 21, 2024, MENU

MONDAY APRIL 15, 2024		TUESDAY APRIL 16, 2024		WEDNESDAY APRIL 17, 2024		THURSDAY APRIL 18, 2024		FRIDAY APRIL 19, 2024		SATURDAY APRIL 20, 2024		SUNDAY APRIL 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	
3 OZ. GRILLED CHICKEN		8 OZ SPAGHETTI		4 OZ. SMOKED SAUSAGE		4 OZ. BBQ PULLED PORK		3 OZ HAM		1 EA BAKED CHICKEN LEG		1 EA BRAISED CHICKEN THIGH	
4 OZ. WILD RICE		w/ MEATBALLS		4 OZ WHITE BEANS		4 OZ. BAKED BEANS		4 OZ LIMA BEANS		4 OZ BROWN RICE		4 OZ ROASTED NEW POTATOES	
4 OZ. WHOLE GREEN BEANS		4 OZ SQUASH		4 OZ RICE		4 OZ. BUTTERED CORN		4 OZ BROWN RICE		4 OZ GREEN BEANS		4 OZ FIELD PEA W/SNAPS	
1 EA WHEAT ROLL		4 OZ ITALIAN MIXED VEGETABLES		4 OZ MIXED VEGETABLES		1 SLI WHEAT BREAD		4 OZ FRESH FRUIT CUP		4 OZ BRUSSEL SPROUTS		1 SLI WHEAT BREAD	
1 EA SNACK		1 EA WHEAT ROLL		1 SLI WHEAT BREAD		1 PC LEMON PIE		1 SL BLONDE BROWNIE		1 SLI WHEAT BREAD		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	698	CALORIES	790	CALORIES	788	CALORIES	923	CALORIES	678	CALORIES	751	CALORIES	647
PROTEIN	40	PROTEIN	33	PROTEIN	38	PROTEIN	28	PROTEIN	23	PROTEIN	28	PROTEIN	40
FAT%	19%	FAT%	24%	FAT%	25%	FAT%	32%	FAT%	15%	FAT%	9%	FAT%	25%
SODIUM	1109	SODIUM	931	SODIUM	1046	SODIUM	1280	SODIUM	751	SODIUM	707	SODIUM	941
FIBER	6	FIBER	10	FIBER	13	FIBER	12	FIBER	9	FIBER	8	FIBER	10
VITAMIN A	260	VITAMIN A	473	VITAMIN A	632	VITAMIN A	101	VITAMIN A	505	VITAMIN A	347	VITAMIN A	355

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WEEK 4



EBR COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR APRIL 22 - 28, 2024 MENU

MONDAY APRIL 22, 2024		TUESDAY APRIL 23, 2024		WEDNESDAY APRIL 24, 2024		THURSDAY APRIL 25, 2024		FRIDAY APRIL 26, 2024		SATURDAY APRIL 27, 2024		SUNDAY APRIL 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	WHITE BEANS & HAM	1 EA	BARBECUE PATTY	2 EA	TERIYAKI BAKED CHICKEN	3 OZ	BARBECUE PORK	3 OZ	SMOKED SAUSAGE	6 OZ	GRILLED CHICKEN w/GRAVY	1 EA	ROSEMARY PORK LOIN
4 OZ	BROWN RICE	4 OZ	BAKED BEANS	4 OZ	FRIED BROWN RICE	4 OZ	NEW POTATOES	4 OZ	SPECKLED BUTTER BEANS	4 OZ	RICE	4 OZ	BROWN RICE
4 OZ	COLLARD GREENS	4 OZ	CARROTS	4 OZ	COPPER PENNY CARROTS	4 OZ	CAPRI MIX VEG	4 OZ	MIXED VEGETABLES	4 OZ	SEASONED BROCCOLI	4 OZ	CREAMED SPINACH
1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 EA	FRESH FRUIT	1 SLI	WHEAT BREAD
1 EA	FRESH FRUIT	1 EA	FRESH FRUIT	1 EA	FRESH FRUIT	1 EA	SNACK	1 EA	FRESH FRUIT	1 SLI	WHEAT BREAD	1 EA	2% MILK
1 EA	SNACK	1 EA	SNACK	1 EA	SNACK	1 EA	2% MILK	1 EA	SNACK	1 EA	2% MILK		
2%	MILK	1 EA	2% MILK	1 EA	2% MILK			1 EA	2% MILK	1 EA	2% MILK		
CALORIES	751	CALORIES	808	CALORIES	1035	CALORIES	661	CALORIES	838	CALORIES	523	CALORIES	766
PROTEIN	50	PROTEIN	36	PROTEIN	41	PROTEIN	41	PROTEIN	35	PROTEIN	41	PROTEIN	43
FAT%	16%	FAT%	22%	FAT%	25%	FAT%	21%	FAT%	27%	FAT%	6%	FAT%	8%
SODIUM	1349	SODIUM	1031	SODIUM	115	SODIUM	645	SODIUM	1026	SODIUM	1054	SODIUM	436
FIBER	14	FIBER	15	FIBER	11	FIBER	6	FIBER	15	FIBER	6	FIBER	7
VITAMIN A	812	VITAMIN A	716	VITAMIN A	476	VITAMIN A	936	VITAMIN A	641	VITAMIN A	463	VITAMIN A	519

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WEEK 5



EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR APRIL 29 – MAY 5, 2024 MENUS

MONDAY APRIL 29, 2024		TUESDAY APRIL 30, 2024		WEDNESDAY MAY 1, 2024		THURSDAY MAY 2, 2024		FRIDAY MAY 3, 2024		SATURDAY MAY 4, 2024		SUNDAY MAY 5, 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 SAUSAGE		1 EA CHICKEN BREAST		6 OZ CHILI W/BEANS		6 OZ SAUSAGE/CHICKEN		6 OZ BAKED CHICKEN		3 OZ STEAK w/GRAVY		1 EA MUSHROOM	
1 OZ ONIONS & PEPPERS		1 OZ. w/ORANGE GLAZE		4 OZ BROWN RICE		JAMBAYALA		4 OZ PENNE PASTA		4 OZ MASHED POTATOES		BEEF PATTY	
4 OZ PINTO BEANS		4 OZ SCALLOPED POTATOES		4 OZ GREENS		4 OZ WHITE BEANS		w/PARSLEY		4 OZ BROCCOLI		1 OZ w/GRAVY	
4 OZ RICE		4 OZ ORIENTAL BLEND		1 SLI WHEAT BREAD		4 OZ GREEN PEAS		4 OZ ZUCCHINI		4 OZ YELLOW SQUASH		4 OZ MASHED POTATOES	
4 OZ GREEN BEANS		1 SLI WHEAT BREAD		1 EA FRESH FRUIT		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		4 OZ BROCCOLI	
1 SLI WHEAT BREAD		1 EA FRESH FRUIT		1 EA SNACK		1 EA SNACK		1 EA FRESH FRUIT		1 EA 2% MILK		1 SLI WHEAT BREAD	
1 EA FRESH FRUIT		1 EA SNACK		1 EA 2% MILK		1 EA 2% MILK		1 EA SNACK				4 OZ BROCCOLI	
1 EA SNACK		1 EA 2% MILK						1 EA 2% MILK				1 SLI WHEAT BREAD	
1 EA 2% MILK												1 EA 2% MILK	
CALORIES	1096	CALORIES	678	CALORIES	721	CALORIES	826	CALORIES	684	CALORIES	719	CALORIES	699
PROTEIN	42	PROTEIN	41	PROTEIN	35	PROTEIN	46	PROTEIN	36	PROTEIN	34	PROTEIN	33
FAT%	44%	FAT%	10%	FAT%	16%	FAT%	23%	FAT%	16%	FAT%	17%	FAT%	17%
SODIUM	1954	SODIUM	909	SODIUM	902	SODIUM	1165	SODIUM	661	SODIUM	649	SODIUM	446
FIBER	15	FIBER	11	FIBER	16	FIBER	18	FIBER	9	FIBER	9	FIBER	7
VITAMIN A	105	VITAMIN A	292	VITAMIN A	347	VITAMIN A	999	VITAMIN A	337	VITAMIN A	796	VITAMIN A	580

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WEEK 6



EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MAY 6 - 12, 2024 MENU

MONDAY MAY 6, 2024		TUESDAY MAY 7, 2024		WEDNESDAY MAY 8, 2024		THURSDAY MAY 9, 2024		FRIDAY MAY 10, 2024		SATURDAY MAY 11, 2024		SUNDAY MAY 12, 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. RIB TIPS (MCRIB)		1 EA HERB ROASTED CHICKEN		3 OZ BBQ PULLED PORK		8 OZ SPAGHETTI W/ MEAT SAUCE		1 EA BAKED PORK CHOP		1 EA SALISBURY STEAK W/MUSHROOM GRAVY		1 EA BRAISED BONELESS THIGH	
4 OZ. BAKED BEANS		4 OZ MACRONI AND CHEESE		4 OZ BBQ POTATOES		4 OZ ITALIAN MIX VEGGIES		4 OZ DIRTY RICE		4 OZ MASHED POTATOES		4 OZ SCALLOPED POTATOES	
4 OZ. MUSTARD GREENS		4 OZ FLAME ROASTED CORN		4 OZ GREEN BEANS		4 OZ SQUASH		4 OZ GREEN BEANS		4 OZ BROCCOLI FLORETS		4 OZ FIELD PEA W/SNAPS	
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 EA FRESH FRUIT		1 EA FRESH FRUIT		1 EA 2% MILK		1 EA SNACK		1 EA FRESH FRUIT		1 EA SNACK		1 EA 2% MILK	
1 EA SNACK		1 EA SNACK				1 EA 2% MILK		1 EA SNACK		1 EA 2% MILK			
1 EA 2% MILK		1 EA 2% MILK						1 EA 2% MILK					
CALORIES	909	CALORIES	1101	CALORIES	681	CALORIES	718	CALORIES	664	CALORIES	649	CALORIES	693
PROTEIN	42	PROTEIN	46	PROTEIN	40	PROTEIN	31	PROTEIN	49	PROTEIN	35	PROTEIN	40
FAT%	25%	FAT%	26%	FAT%	23%	FAT%	20%	FAT%	14%	FAT%	22%	FAT%	24%
SODIUM	1656	SODIUM	1209	SODIUM	901	SODIUM	492	SODIUM	951	SODIUM	685	SODIUM	854
FIBER	17	FIBER	13	FIBER	10	FIBER	9	FIBER	8	FIBER	10	FIBER	7
VITAMIN A	340	VITAMIN A	682	VITAMIN A	915	VITAMIN A	514	VITAMIN A	905	VITAMIN A	672	VITAMIN A	587

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WEEK 7



EBR COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MAY 13 - 19, 2024 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MAY 13, 2024		MAY 14, 2024		MAY 15, 2024		MAY 16, 2024		MAY 17, 2024		MAY 18, 2024		MAY 19, 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 SAUSAGE & CHICKEN JAMBALAYA		3 OZ BAKED CHICKEN		1 EA HAMBURGER STEAK		3 OZ SMOTHERED PORK CHOP		4 OZ CHILI W/BEANS		1 EA LEMON PEPPER CHICKEN BREAST		6 OZ. TURKEY SPAGHETTI	
4 OZ WHITE BEANS		4 OZ FIELD PEAS & OKRA		4 OZ MASHED POTATOES		4 OZ MASHED POTATOES		4 OZ RICE		4 OZ RICE		4 OZ MIXED VEGETABLE	
4 OZ PARSLIED CARROTS		4 OZ BRUSSEL SPROUTS		4 OZ GREEN BEANS		4 OZ GREEN BEANS		4 OZ CHUCKWAGON CORN		4 OZ ITALIAN GREEN BEANS		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 EA SNACK	
1 EA FRESH FRUIT		1 EA FRESH FRUIT		1 EA FRESH FRUIT		1 EA SNACK		1 EA 2% MILK		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		1 EA 2% MILK									
CALORIES	800	CALORIES	675	CALORIES	641	CALORIES	675	CALORIES	648	CALORIES	680	CALORIES	653
PROTEIN	42	PROTEIN	29	PROTEIN	39	PROTEIN	31	PROTEIN	36	PROTEIN	36	PROTEIN	47
FAT%	25%	FAT%	7%	FAT%	15%	FAT%	21%	FAT%	18%	FAT%	5%	FAT%	6%
SODIUM	1276	SODIUM	324	SODIUM	465	SODIUM	681	SODIUM	732	SODIUM	306	SODIUM	585
FIBER	17	FIBER	10	FIBER	7	FIBER	11	FIBER	12	FIBER	6	FIBER	14
VITAMIN A	444	VITAMIN A	501	VITAMIN A	357	VITAMIN A	437	VITAMIN A	857	VITAMIN A	148	VITAMIN A	880

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WEEK 8



EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MENU MAY 20 – 26, 2024, MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MAY 20, 2024		MAY 21, 2024		MAY 22, 2024		MAY 23, 2024		MAY 24, 2024		MAY 25, 2024		MAY 26, 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	
1 EA CHICKEN THIGH		6 OZ SMOKED TURKEY		1 EA SWISS STEAK		8 OZ MEAT SAUCE		1 EA BAKED PORK CHOP		3 OZ BAKED CHICKEN		3 OZ PARMESAN	
4 OZ LIMA BEANS		4 OZ PINTO BEANS		4 OZ MASHED		w/ SPAGHETTI		4 OZ BAKED BEANS		4 OZ MASHED SWEET		CHICKEN	
4 OZ BROWN RICE		4 OZ RICE		POTATOES		4 OZ ITALIAN		4 OZ CHEESY		POTATOES		4 OZ YELLOW SQUASH	
4 OZ GREENS		4 OZ VEGETABLES		4 OZ CALIFORNIA MIX		GREEN BEANS		CAULIFLOWER		4 OZ GREEN BEANS		4 OZ GREEN PEAS	
1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		VEGETABLES		4 OZ CORN		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD	
1 EA SNACK		1 EA FRESH FRUIT		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		1 EA FRESH FRUIT		1 EA FRESH FRUIT		1 EA 2% MILK	
1 EA 2% MILK		1 EA SNACK		1 EA FRESH FRUIT		1 EA SNACK		1 EA SNACK		1 EA SNACK			
		1 EA 2% MILK		1 EA SNACK		1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK			
		1 EA 2% MILK		1 EA 2% MILK									
CALORIES	790	CALORIES	752	CALORIES	760	CALORIES	799	CALORIES	1034	CALORIES	767	CALORIES	727
PROTEIN	48	PROTEIN	44	PROTEIN	35	PROTEIN	37	PROTEIN	54	PROTEIN	24	PROTEIN	17
FAT%	22%	FAT%	16%	FAT%	22%	FAT%	20%	FAT%	27%	FAT%	5%	FAT%	10%
SODIUM	906	SODIUM	1065	SODIUM	728	SODIUM	430	SODIUM	1537	SODIUM	296	SODIUM	662
FIBER	16	FIBER	13	FIBER	13	FIBER	12	FIBER	17	FIBER	7	FIBER	10
VITAMIN A	843	VITAMIN A	292	VITAMIN A	503	VITAMIN A	304	VITAMIN A	928	VITAMIN A	888	VITAMIN A	922

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WEEK 9



EBR/COA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MAY 27 – JUNE 2, 2024 MENU

MONDAY MAY 27, 2024		TUESDAY MAY 28, 2024		WEDNESDAY MAY 29, 2024		THURSDAY MAY 30, 2024		FRIDAY MAY 31, 2024		SATURDAY JUNE 1, 2024		SUNDAY JUNE 2, 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 & SAUSAGE	1 EA	BARBECUE PATTY	2 EA	TERIYAKI BAKED CHICKEN	3 OZ	BARBECUE PORK	3 OZ	SMOKED SAUSAGE	6 OZ	GRILLED CHICKEN W/GRAVY	1 EA	ROSEMARY PORK LOIN
4 OZ	BROWN RICE	4 OZ	BAKED BEANS	4 OZ	FRIED BROWN RICE	4 OZ	NEW POTATOES	4 OZ	SPECKLED BUTTER BEANS			4 OZ	BROWN RICE
4 OZ	COLLARD GREENS	4 OZ	CARROTS	4 OZ	COPPER PENNY CARROTS	4 OZ	CAPRI MIX VEG	4 OZ	ORIENTAL BLEND VEGETABLES	4 OZ	RICE	4 OZ	CREAMED SPINACH
1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	4 OZ	SEASONED BROCCOLI	1 SLI	WHEAT BREAD
1 EA	SNACK	1 EA	FRESH FRUIT	1 EA	FRESH FRUIT	1 EA	SNACK	1 EA	FRESH FRUIT	4 OZ	ZUCCHINI MEDLEY	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 SLI	WHEAT BREAD	1 EA	2% MILK
										1 EA	2% MILK		
CALORIES	826	CALORIES	808	CALORIES	1035	CALORIES	661	CALORIES	810	CALORIES	753	CALORIES	766
PROTEIN	39	PROTEIN	36	PROTEIN	41	PROTEIN	41	PROTEIN	34	PROTEIN	44	PROTEIN	43
FAT%	28%	FAT%	22%	FAT%	25%	FAT%	21%	FAT%	27%	FAT%	6%	FAT%	8%
SODIUM	1055	SODIUM	1031	SODIUM	115	SODIUM	645	SODIUM	996	SODIUM	438	SODIUM	436
FIBER	14	FIBER	15	FIBER	11	FIBER	6	FIBER	13	FIBER	7	FIBER	7
VITAMIN A	775	VITAMIN A	716	VITAMIN A	476	VITAMIN A	936	VITAMIN A	416	VITAMIN A	201	VITAMIN A	519

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WEEK 10



EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JUNE 3 - 9, 2024 MENUS

MONDAY JUNE 3, 2024	TUESDAY JUNE 4, 2024	WEDNESDAY JUNE 5, 2024	THURSDAY JUNE 6, 2024	FRIDAY JUNE 7, 2024	SATURDAY JUNE 8, 2024	SUNDAY JUNE 9, 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 SAUSAGE 1 OZ ONIONS & PEPPERS 4 OZ PINTO BEANS 4 OZ CHUCKWAGON CORN 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	1 EA CHICKEN BREAST 1 OZ. w/ORANGE GLAZE 4 OZ SCALLOPED POTATOES 4 OZ ORIENTAL BLEND 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	4 OZ BEEF TIPS 4 OZ BROWN RICE 4 OZ GREEN BEANS W/ PEARL ONIONS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	6 OZ SAUSAGE / CHICKEN JAMBALAYA 4 OZ SPINACH 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	6 OZ BAKED CHICKEN 4 OZ PENNE PASTA W/PARSLEY 4 OZ ZUCCHINI 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	3 OZ STEAK W/GRAVY 4 OZ MASHED POTATOES 4 OZ BROCCOLI 4 OZ YELLOW SQUASH 1 SLI WHEAT BREAD 1 EA 2% MILK	1 EA MUSHROOM BEEF PATTY 1 OZ w/GRAVY 4 OZ MASHED POTATOES 4 OZ BROCCOLI 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 1057	CALORIES 678	CALORIES 661	CALORIES 778	CALORIES 684	CALORIES 719	CALORIES 699
PROTEIN 40	PROTEIN 41	PROTEIN 31	PROTEIN 44	PROTEIN 36	PROTEIN 34	PROTEIN 33
FAT% 45%	FAT% 10%	FAT% 9%	FAT% 26%	FAT% 16%	FAT% 17%	FAT% 17%
SODIUM 1709	SODIUM 909	SODIUM 597	SODIUM 1268	SODIUM 661	SODIUM 649	SODIUM 446
FIBER 13	FIBER 11	FIBER 9	FIBER 15	FIBER 9	FIBER 9	FIBER 7
VITAMIN A 400	VITAMIN A 292	VITAMIN A 745	VITAMIN A 113	VITAMIN A 337	VITAMIN A 796	VITAMIN A 580

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WEEK 11



EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JUNE 10 - 16, 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JUNE 10, 2024	JUNE 11, 2024	JUNE 12, 2024	JUNE 13, 2024	JUNE 14, 2024	JUNE 15, 2024	JUNE 16, 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. BBQ RIB TIPS 4 OZ. BAKED BEANS 4 OZ. MUSTARD GREENS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA HERB ROASTED CHICKEN 4 OZ MACRONI AND CHEESE 4 OZ FLAME ROASTED CORN 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK	1 EA SALISBURY STEAK 1 OZ W/MUSHROOM GRAVY 4 OZ MASHED POTATOES 4 OZ BROCCOLI FLORETS 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	8 OZ SPAGHETTI W/ MEAT SAUCE 4 OZ ITALIAN MIX VEGGIES 4 OZ SQUASH 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK	3 OZ BARBECUED PULLED PORK 4 OZ DIRTY RICE 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA FRESH FRUIT 1 EA 2% MILK	1 EA BAKED PORK CHOP 4 OZ MASHED POTATOES 4 OZ BRUSSEL SPROUTS 1 SLI WHEAT BREAD 1 EA 2% MILK	1 EA BRAISED BONELESS THIGH 4 OZ SCALLOPED POTATOES 4 OZ FIELD PEA W/SNAPS 1 SLI WHEAT BREAD 1 EA 2% MILK
CALORIES 956	CALORIES 1101	CALORIES 649	CALORIES 718	CALORIES 744	CALORIES 484	CALORIES 645
PROTEIN 37	PROTEIN 46	PROTEIN 35	PROTEIN 31	PROTEIN 44	PROTEIN 47	PROTEIN 43
FAT% 25%	FAT% 26%	FAT% 22%	FAT% 20%	FAT% 25%	FAT% 10%	FAT% 24%
SODIUM 1156	SODIUM 1209	SODIUM 685	SODIUM 492	SODIUM 1339	SODIUM 369	SODIUM 974
FIBER 17	FIBER 13	FIBER 10	FIBER 9	FIBER 8	FIBER 7	FIBER 10
VITAMIN A 340	VITAMIN A 682	VITAMIN A 672	VITAMIN A 514	VITAMIN A 206	VITAMIN A 419	VITAMIN A 501

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WEEK 12



EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR JUNE 17 – 23, 2024, MENU

MONDAY JUNE 17, 2024		TUESDAY JUNE 18, 2024		WEDNESDAY JUNE 19, 2024		THURSDAY JUNE 20, 2024		FRIDAY JUNE 21, 2024		SATURDAY JUNE 22, 2024		SUNDAY JUNE 23, 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 SAUSAGE & CHICKEN JAMBALAYA		3 OZ BOURBON CHICKEN		3 OZ SMOTHERED PORK CHOP		1 EA HAMBURGER STEAK		3 OZ HAM		1 EA LEMON PEPPER CHICKEN BREAST		6 OZ BOWTIE LASAGNA W/MEAT SAUCE	
4 OZ WHITE BEANS		4 OZ WILD RICE		4 OZ MASHED POTATOES		4 OZ MASHED POTATOES		4 OZ RED BEANS		4 OZ MASHED POTATOES		4 OZ RICE	
4 OZ PARSLIED CARROTS		4 OZ BRUSSEL SPROUTS		4 OZ GREEN BEANS		4 OZ BROWN RICE		4 OZ RICE		4 OZ GREEN BEANS		4 OZ ITALIAN GREEN BEANS	
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 EA FRESH FRUIT		1 EA SNACK		1 EA FRESH FRUIT		1 EA SNACK		1 EA 2% MILK		1 EA 2% MILK		1 EA 2% MILK	
1 EA SNACK		1 EA 2% MILK		1 EA SNACK		1 EA 2% MILK							
1 EA 2% MILK				1 EA 2% MILK						1 EA 2% MILK			
CALORIES	800	CALORIES	681	CALORIES	601	CALORIES	672	CALORIES	698	CALORIES	712	CALORIES	738
PROTEIN	42	PROTEIN	39	PROTEIN	39	PROTEIN	34	PROTEIN	23	PROTEIN	36	PROTEIN	31
FAT%	24%	FAT%	14%	FAT%	15%	FAT%	24%	FAT%	13%	FAT%	11%	FAT%	24%
SODIUM	1276	SODIUM	387	SODIUM	465	SODIUM	419	SODIUM	517	SODIUM	336	SODIUM	867
FIBER	16	FIBER	7	FIBER	7	FIBER	12	FIBER	13	FIBER	6	FIBER	9
VITAMIN A	444	VITAMIN A	416	VITAMIN A	357	VITAMIN A	480	VITAMIN A	846	VITAMIN A	425	VITAMIN A	306

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WEEK 13



EBRCOA MEALS ON WHEELS NUTRITIONAL INFORMATION FOR MENU JUNE 24 – 30, 2024 MENU

MONDAY JUNE 24, 2024		TUESDAY JUNE 25, 2024		WEDNESDAY JUNE 26, 2024		THURSDAY JUNE 27, 2024		FRIDAY JUNE 28, 2024		SATURDAY JUNE 29, 2024		SUNDAY JUNE 30, 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 WHITE BEANS W/SAUSAGE 4 OZ BROWN RICE 4 OZ GREENS 4 OZ BROCCOLI FLORETTES 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK		3 OZ CHICKEN MARSALA 4 OZ RICE PILAF 4 OZ GREEN BEANS 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK		1 EA SWISS STEAK 4 OZ MASHED POTATOES 4 OZ CALIFORNIA MIX VEGETABLES 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK		8 OZ MEAT SAUCE W/ SPAGHETTI 4 OZ ITALIAN GREEN BEANS 4 OZ CORN 1 SLI WHEAT BREAD 1 EA SNACK 1 EA 2% MILK		1 EA BAKED PORK CHOP 4 OZ BAKED BEANS 4 OZ CAULIFLOWER 1 SLI WHEAT BREAD 1 EA FRESH FRUIT 1 EA SNACK 1 EA 2% MILK		3 OZ BLACKENED CATFISH 4 OZ MASHED SWEET POTATOES 4 OZ GREEN BEANS 1 EA FRESH FRUIT 1 SLI WHEAT BREAD 1 EA 2% MILK		3 OZ CHICKEN ALFREDO 4 OZ GREEN PEAS 1 SLI WHEAT BREAD 1 EA 2% MILK	
CALORIES	731	CALORIES	771	CALORIES	760	CALORIES	799	CALORIES	981	CALORIES	708	CALORIES	617
PROTEIN	37	PROTEIN	44	PROTEIN	35	PROTEIN	37	PROTEIN	52	PROTEIN	25	PROTEIN	38
FAT%	23%	FAT%	17%	FAT%	22%	FAT%	20%	FAT%	24%	FAT%	8%	FAT%	19%
SODIUM	1083	SODIUM	1189	SODIUM	726	SODIUM	430	SODIUM	947	SODIUM	423	SODIUM	1181
FIBER	12	FIBER	8	FIBER	13	FIBER	1	FIBER	17	FIBER	8	FIBER	9
VITAMIN A	419	VITAMIN A	347	VITAMIN A	503	VITAMIN A	204	VITAMIN A	789	VITAMIN A	805	VITAMIN A	907

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