

### EBRCOA NUTRITIONAL INFORMATION October 7 - October 13 Meals on Wheels Menu



Monday, Octo	ber 7, 2024	Tuesday, Oc	tober 8, 2024	Wednesday, O	ctober 9, 2024	Thursday, C	October 10, 2024	Friday, Oc	tober 11, 2024	Saturday, O	ctober 12, 2024	Sunday, Oc	tober 13, 2024
3 oz Smoked S 4 oz Rice 4 oz Red Bean 4 oz Turnip Gru 1 Slice Wheat Ro 1 Each Rice Krisp 1 Each 2% Milk	s eens	3 oz Hambu 1 oz w/Gra 4 oz Rice 4 oz Broccoli 1 Slice Wheat 4 oz. Manda 1 Each 2% Mil	ry Florets Bread rin Oranges	3 oz Rosemar 4 oz Roasted 4 oz French S Beans 1 Each Garlic B 4 oz. Peaches 1 Each 2% Milk	Potatoes tyle Green read	1 Each Salish 1 oz w/Gr 4 oz Rice I 4 oz Slicec 1 Slice Whee 4 oz. Apple 1 Each 2% M	ravy Dressing I Carrots at Bread e Cobbler	Stew 4 oz Rice 1 Each Banand	al Raisin Cookie	4 oz Lima B 4 oz Rice Pi 4 oz Green 1 Slice Whea 1 Each 2% M	Peas t Bread	3 oz Peppe 1 oz w/Oni 4 oz Steam 4 oz Califor 1 Slice Whea 1 Each 2% Mi	ons & Peppers ed Rice mia Blend t Bread
Calories	686	Calories	663	Calories	694	Calories	693	Calories	660	Calories	678	Calories	869
Protein	31	Protein	35	Protein	29	Protein	28	Protein	34	Protein	34	Protein	39
Fat	25%	Fat	22%	Fat	1 <i>5</i> %	Fat	33%	Fat	9%	Fat	7%	Fat	30%
Sodium	857	Sodium	904	Sodium	528	Sodium	1012	Sodium	1868	Sodium	594	Sodium	923
Fiber	13	Fiber	7	Fiber	8	Fiber	6	Fiber	9	Fiber	9	Fiber	15
Vitamin A	332	Vitamin A	481	Vitamin A	673	Vitamin A	404	Vitamin A	419	Vitamin A	536	Vitamin A	433

\*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.



# EBRCOA NUTRITIONAL INFORMATION October 14 - October 20 Meals on Wheels Menu



Monday, Octobe	er 14, 2024	Tuesday, Oct	ober 15, 2024	Wednesday, O	ctober 16, 2024	Thursday, (	October 17, 2024	Friday, Oc	tober 18, 2024	Saturday, C	october 19, 2024	Sunday, Octo	ober 20, 2024
6 oz Chicken/Sc Stew	usage	3 oz Hambur 4 oz Steame	•	3 oz Baked H 4 oz Lima Beo	-	3 oz Three w/Be	Bean Soup ef	4 oz Meat S 4 oz w/Spo		6 oz. Mushr Stir Fr	oom Chicken 'Y	3 oz Pulled F 4 oz Mashec	Pork w/Gravy I Potatoes
4 oz Rice		4 oz Californ	nia Mixed	4 oz Green B	ean	4 oz Rice		4 oz Italian	Green Beans	4 oz Browr	n Rice	4 oz Glazed	Carrots
4 oz Potato Salo	d	Vegeta	bles	Casserol	e	4 oz Spina	ch	4 oz Tossed	Salad	4 oz Veget	table Medley	1 Slice Wheat	Bread
4 oz Green Sala	ıd	1 Slice Wheat	Bread	1 Each Wheat F	loll	1 Slice Whee	at Bread	w/Dre	ssing	1 Slice Whee	at Bread	1 Each 2% Mill	k
1 Slice Wheat Roll		4 oz Pineapp	oles	4 oz. Peach C	obbler	4 oz Diced	Pears	1 Slice Garlic	Bread	1 Each 2% M	lilk		
1 Each Orange		1 Each Sugar C	Cookie	1 Each 2% Milk		1 Each Sugai	r Cookie	1 Each Apple					
1 Each 2% Milk		1 Each 2% Mill	ĸ			1 Each 2% M	Nilk	1 Slice Angel	Food Cake				
								1 Each 2% Mi	lk				
Calories	850	Calories	656	Calories	661	Calories	729	Calories	772	Calories	709	Calories	712
Protein	36	Protein	27	Protein	42	Protein	31	Protein	30	Protein	31	Protein	34
Fat	34%	Fat	27%	Fat	14%	Fat	31%	Fat	30%	Fat	17%	Fat	19%
Sodium	1243	Sodium	806	Sodium	401	Sodium	725	Sodium	702	Sodium	968	Sodium	960
Fiber	8	Fiber	6	Fiber	14	Fiber	10	Fiber	11	Fiber	5	Fiber	9
Vitamin A	330	Vitamin A	501	Vitamin A	676	Vitamin A	365	Vitamin A	404	Vitamin A	499	Vitamin A	387

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# EBRCOA NUTRITIONAL INFORMATION October 21 - October 27 Meals on Wheels Menu



Monday, Octob	er 21, 2024	Tuesday, Octo	ober 22, 2024	Wednesday, C	October 23, 2024	Thursday, C	October 24, 2024	Friday, Oct	tober 25, 2024	Saturday, O	ctober 26, 2024	Sunday, Octo	ber 27, 2024
3 oz Glazed H 4 oz Yams 4 oz Greens 1 Each Cornbread 1 Piece German C Cake 1 Each 2% Milk	9	6 oz Jambalc 4 oz White B 4 oz Green B 1 Slice Wheat B 4 oz. Banana 1 Each 2% Milk	eans eans Bread Pudding	3 oz Smokec 4 oz Brown I 4 oz Okra 1 Each Wheat 1 Each Fresh Fr 1 Piece Chocolo w/Frost 1 Each 2% Mil	Roll ruit uite Cake	6 oz Chicke 4 oz Califo Veget 1 Slice Garlia 1 Piece Pinea Down 1 Each 2% M	ables Bread ople Upside Cake	3 oz Grilled 4 oz Lima Ba 4 oz Mixed 1 Each Wheat 4 oz Baked 1 Each 2% Mil	eans Vegetables Roll Apple Slices	3 oz Smoth 4 oz Mashe 4 oz Okra 1 Slice Whea 1 Each 2% M	ed Potatoes and Tomaotes it Bread	3 oz Italian ( Breast 4 oz Brown R 4 oz Corn 1 Slice Wheat 1 Each 2% Mill	Bread
Calories	748	Calories	1076	Calories	753	Calories	660	Calories	655	Calories	695	Calories	698
Protein	18	Protein	43	Protein	31	Protein	37	Protein	44	Protein	25	Protein	39
Fat	13%	Fat	27%	Fat	27%	Fat	26%	Fat	12%	Fat	26%	Fat	21%
Sodium	328	Sodium	796	Sodium	928	Sodium	1134	Sodium	676	Sodium	1005	Sodium	961
Fiber	5	Fiber	16	Fiber	10	Fiber	8	Fiber	16	Fiber	5	Fiber	6
Vitamin A	150	Vitamin A	206	Vitamin A	423	Vitamin A	411	Vitamin A	558	Vitamin A	419	Vitamin A	544

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## EBRCOA NUTRITIONAL INFORMATION October 28 - November 3 Meals on Wheels Menu



Monday, C	October 28, 2024	Tuesday, Oct	ober 29, 2024	Wednesday, C	october 30, 2024	Thursday, C	October 31, 2024	Friday, Nov	rember 1, 2024	Saturday, No	ovember 2, 2024	Sunday, No	vember 3, 2024
6 oz Chick 1 oz Onior 4 oz Brown 4 oz Gree 1 Each Whea 1 Each Fresh 1 Piece Apple 1 Each 2% N	ns and Peppers n Rice n Beans at Roll Fruit e Cake	4 oz Lima Be 4 oz Brown R 4 oz Mixed V 1 Slice Wheat I 4 oz. Bread P 1 Each 2% Milk	'egetables Roll udding	3 oz Chicker 4 oz Brown I 4 oz Broccol 1 Each French 4 oz. Manda 1 Piece Sponge 1 Each 2% Mil	Rice Bread rin Oranges Cake	6 oz Three w/Bee 4 oz Mashe 1 oz w/Gro 4 oz Baby ( 1 Each Herb E 1 Slice Yellow 1 Each 2% Mi	ef d Potatoes avy Carrots Baked Roll 4 Cake	1 Each Smothe 4 oz Rice 4 oz Peas 1 Each Wheat 1 Each Bananc 1 Each 2% Mil	Roll	3 oz Baked 4 oz Lima B 4 oz Seaso Squas 1 Slice Whea 1 Each 2% M	ned Yellow h t Bread	3 oz Sausa 4 oz Rice 4 oz Blacke 4 oz Green 1 Slice Whea 1 Each 2% M	yed Peas 1 Beans t Bread
Calories Protein	667 33	Calories Protein	962 35	Calories Protein	749 30	Calories Protein	696 29	Calories Protein	686 42	Calories Protein	764 42	Calories Protein	672 37
Fat	25%	Fat	38%	Fat	18%	Fat	15%	Fat	18%	Fat	26%	Fat	20%
Sodium	649	Sodium	931	Sodium	1078	Sodium	877	Sodium	358	Sodium	1080	Sodium	600
Fiber	7	Fiber	9	Fiber	9	Fiber	5	Fiber	12	Fiber	8	Fiber	12
Vitamin A	487	Vitamin A	378	Vitamin A	495	Vitamin A	411	Vitamin A	949	Vitamin A	409	Vitamin A	587

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### EBRCOA NUTRITIONAL INFORMATION November 4 - November 10 Meals on Wheels Menu



Monday, Nove	mber 4, 2024	Tuesday, Nove	ember 5, 2024	Wednesday, 1	November 6, 2024	Thursday, N	ovember 7, 2024	Friday, Nov	ember 8, 2024	Saturday, N	lovember 9, 2024	Sunday, Nov	rember 10, 2024
6 oz Meatsau Spaghett 4 oz Italian G 1 Each Wheat B 1 Each Fresh Fru 1 Piece Yellow C 1 Each 2% Milk	ti reen Beans read it	1 Each Smothere Thighs 4 oz Mashed 4 oz Mustard 1 Each Cornbred 1 Each Diced Pe 1 Each 2% Milk	Potatoes Greens ad ars	6 oz Chili w/ 4 oz Corn 4 oz Broccoli 1 Slice Wheat 1 Each Orange 1 Each 2% Milk	Bread	3 oz Smoke 4 oz Brown 4 oz White 4 oz Green 1 Each Whea 1 Slice Spice 1 Each 2% Mi	Rice Beans Salad Roll Cake	4 oz Pulled F 4 oz Corn 4 oz Spinach 1 Each Brownie 1 Each 2% Mill	2	Brea	ned Potatoes en Beans at Bread	1 Each BBQ B 4 oz Bakec 4 oz Sliced 1 Slice Whea 1 Each 2% M	l Beans Carrots t Bread
Calories	654	Calories	719	Calories	692	Calories	779	Calories	787	Calories	715	Calories	692
Protein	24	Protein	32	Protein	39	Protein	33	Protein	50	Protein	33	Protein	32
Fat	28%	Fat	31%	Fat	20%	Fat	29%	Fat	26%	Fat	11%	Fat	24%
Sodium	908	Sodium	967	Sodium	1189	Sodium	1056	Sodium	1483	Sodium	587	Sodium	1415
Fiber	12	Fiber	8	Fiber	11	Fiber	11	Fiber	9	Fiber	4	Fiber	13
Vitamin A	367	Vitamin A	325	Vitamin A	353	Vitamin A	574	Vitamin A	933	Vitamin A	174	Vitamin A	392

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#### EBRCOA NUTRITIONAL INFORMATION November 11 - November 17 Meals on Wheels Menu



Monday, Noven	nber 11, 2024	Tuesday, Nove	ember 12, 2024	Wednesday, N	ovember 13, 2024	Thursday, No	ovember 14, 2024	Friday, Nove	ember 15, 2024	Saturday, No	vember 16, 2024	Sunday, Nove	ember 17, 2024
3 oz Sausage		3 oz Hambur	ger Steak	6 oz Baked H	lam	3 oz Smoke	ed Sausage	6 oz Field Pe	eas w/Ham	3 oz Rosem	ary Chicken	3 oz Peppe	r Steak
4 oz Butter Be	ans	1 oz w/Grav	у	4 oz Green F	eas	4 oz Rice		4 oz Rice		4 oz Rice P	ilaf	1 oz w/Oni	ons & Peppers
4 oz Rice		4 oz Rice		4 oz Rice		4 oz Red B	eans	4 oz Oriento	al Veggies	4 oz Green	Peas	4 oz Steame	ed Rice
4 oz Mustard (	Greens	4 oz Broccoli	Florets	4 oz Broccoli		4 oz Turnip	Greens	1 Each Cookie		1 Slice Whea	t Bread	4 oz Califor	nia Blend
1 Slice Wheat Br	read	1 Slice Wheat I	Bread	4 oz Carrots		1 Each Whea	t Roll	1 Each 2% Mil	k	1 Each 2% M	ilk	1 Slice Wheat	Bread
4 oz Apple Co	obbler	4 oz Mandar	in Oranges	1 Each Wheat	Roll	1 Each Rice K	rispy Treat					1 Each 2% Mi	lk
1 Each 2% Milk		1 Slice Pound C	ake	4 oz Peaches		1 Each 2% M	ilk						
		1 Each 2% Milk		1 Each 2% Milk									
Calories	723	Calories	663	Calories	697	Calories	686	Calories	780	Calories	670	Calories	869
Protein	28	Protein	35	Protein	36	Protein	31	Protein	17	Protein	31	Protein	39
Fat	29%	Fat	22%	Fat	17%	Fat	25%	Fat	19%	Fat	23%	Fat	30%
Sodium	1105	Sodium	904	Sodium	1170	Sodium	857	Sodium	784	Sodium	877	Sodium	923
Fiber	9	Fiber	7	Fiber	10	Fiber	13	Fiber	4	Fiber	7	Fiber	15
Vitamin A	351	Vitamin A	481	Vitamin A	842	Vitamin A	332	Vitamin A	508	Vitamin A	404	Vitamin A	433

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### EBRCOA NUTRITIONAL INFORMATION November 18 - November 24 Meals on Wheels Menu



Monday, Novem	ber 18, 2024	Tuesday, Nove	mber 19, 2024	Wednesday, No	ovember 20, 2024	Thursday, N	ovember 21, 2024	Friday, Nov	ember 22, 2024	Saturday,	November 23, 2024	Sunday, No	vember 24, 2024
6 oz Chicken/S	ausage	3 oz Shepher	d's Pie	3 oz Baked H	am	3 oz Baked	Turkey	4 oz Chicker	n Legs	3 oz Sa	usage	3 oz Pulle	d Pork
Stew		4 oz Peas		4 oz Yams		4 oz Cornb	read Dressing	4 oz Rice Pi	laf	4 oz WI	nite Beans	1 oz W/C	Fravy
4 oz Rice		4 oz Cauliflov	ver	4 oz Green Be	ean Casserole	4 oz Yams		4 oz Green	Beans	4 oz Bro	own Rice	4 oz Mash	ed Potatoes
4 oz Okra		1 Slice Wheat B	fread	1 Each Wheat R	oll	4 oz Green	s	1 Slice Wheat	Bread	4 oz Ve	getable Medley	4 oz Glaz	ed Carrots
1 Each Wheat Ro	II	4 oz. Pineapp	les	4 oz. Peach Co	obbler	1 Slice Whea	t Bread	1 Each Apple		1 Slice Wł	neat Bread	1 Slice Whe	at Bread
1 Each Orange		1 Each Sugar Co	ookie	1 Each 2% Milk		4 oz. Diced	Pears	1 Slice Angel	Food Cake	1 Each 2%	Milk	1 Each 2% /	۸ilk
1 Each 2% Milk		1 Each 2% Milk				1 Each Sugar	Cookie	1 Each 2% Mi	lk				
						1 Each 2% Mi	ilk						
Calories	850	Calories	757	Calories	658	Calories	729	Calories	741	Calories	709	Calories	712
Protein	36	Protein	34	Protein	38	Protein	31	Protein	51	Protein	31	Protein	34
Fat	34%	Fat	38%	Fat	27%	Fat	31%	Fat	16%	Fat	17%	Fat	19%
Sodium	1243	Sodium	418	Sodium	1129	Sodium	725	Sodium	1152	Sodium	968	Sodium	960
Fiber	8	Fiber	13	Fiber	5	Fiber	10	Fiber	9	Fiber	5	Fiber	9
Vitamin A	330	Vitamin A	422	Vitamin A	418	Vitamin A	365	Vitamin A	213	Vitamin A	499	Vitamin A	387

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#### EBRCOA NUTRITIONAL INFORMATION November 25 - December 1 Meals on Wheels Menu



Monday, Nov	ember 25, 2024	Tuesday, Novem	ber 26, 2024	Wednesday, N	ovember 27, 2024	Thursday, Nove	ember 28, 2024	Friday, Nove	mber 29, 2024	Saturday, No	vember 30, 2024	Sunday, Decer	nber 1, 2024
3 oz Sausag	e	3 oz Pepper Ste	eak	3 oz Smoked	Sausage	6 oz Turkey S	paghetti	4 oz Beef w/	Gravy	3 oz Smoke	ed Sausage	3 oz Italian G	rilled
4 oz Red Be	ans	4 oz Garlic Ma	shed	4 oz Brown R	ce	4 oz Californi	a Mixed	4 oz Mashed	Potatoes	4 oz Okra	and Tomatoes	Chicken I	Breast
4 oz Rice		Potatoes		4 oz White B	eans or Pinto	Vegetab	les	4 oz Californ	a Blend	4 oz Rice		4 oz Brown Ri	ce Pilaf
4 oz Greens		4 oz Green Bec	ans	Beans		1 Slice Garlic Br	read	1 Each Wheat F	Roll	1 Slice Whea	t Bread	4 oz Corn	
1 Each Cornbro	ead	1 Slice Wheat Bre	ead	1 Each Wheat F	Roll	1 Piece Pineappl	le Upside Down	4 oz Baked A	pple Slices	1 Each 2% M	ilk	1 Slice Wheat B	read
1 Piece Germa	n Chocolate	4 oz Banana Pu	udding	1 Each Fresh Fru	iit	Cake		1 Each 2% Milk				1 Each 2% Milk	
Cake		1 Each 2% Milk		1 Slice Chocola	e Cake	1 Each 2% Milk							
1 Each 2% Mil	k			w/Frosti	ng								
				1 Each 2% Milk									
Calories	748	Calories	728	Calories	753	Calories	889	Calories	751	Calories	678	Calories	704
Protein	29	Protein	28	Protein	28	Protein	56	Protein	32	Protein	25	Protein	39
Fat	11%	Fat	31%	Fat	31%	Fat	24%	Fat	24%	Fat	26%	Fat	21%
Sodium	578	Sodium	1002	Sodium	1002	Sodium	928	Sodium	857	Sodium	1005	Sodium	961
Fiber	13	Fiber	12	Fiber	12	Fiber	10	Fiber	10	Fiber	5	Fiber	6
Vitamin A	154	Vitamin A	419	Vitamin A	419	Vitamin A	423	Vitamin A	39	Vitamin A	419	Vitamin A	544

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#### EBRCOA NUTRITIONAL INFORMATION December 2 - December 8 Meals on Wheels Menu



Monday,Decem	per 2, 2024	Tuesday, Dea	cember 3, 2024	Wednesday,E	December 4, 2024	Thursday, D	ecember 5, 2024	Friday, Dec	ember 6, 2024	Saturday, D	ecember 7, 2024	Sunday, De	cember 8, 2024
3 oz Sausage		6 oz Chicken	Breast	6 oz Hearty	Chicken Stew	1 Each Smothe	ered Beef Patty	3 oz Smokec	d Turkey	3 oz Bake	d Chicken Legs	6 oz Chili v	/Beans
4 oz Red Beans		1 oz Onions	and Peppers	4 oz Brown R	ice	4 oz Mashe	d Potatoes	4 oz Navy B	eans	4 oz Lima	Beans	4 oz Rice	
4 oz Brown Rice		4 oz Loaded	Potatoes	4 oz Broccoli		1 oz w/Gro	ivy	4 oz Rice		4 oz Seasa	oned Yellow	4 oz Mixec	Vegetables
4 oz Green Bea	ns	4 oz Carrots		1 Each French B	read	4 oz Baby C	Carrots	4 oz Cabba	ge	Squa	sh	1 Slice Whea	t Bread
1 Each Wheat Rol	l	1 Each Wheat	Roll	6 oz Mandar	in Oranges	1 Each Baked	Roll	1 Slice Wheat	Bread	1 Slice Whee	at Bread	1 Each 2% M	ilk
1 Each Fresh Fruit		6 oz Bread F	Pudding	1 Slice Sponge	Cake	1 Slice Yellow	Cake	1 Each Banana	I	1 Each 2% M	\ilk		
1 Piece Apple Cak	e	1 Each 2% Mill	k	1 Each 2% Milk		1 Each 2% Mi	lk	1 Each 2% Mill	k				
1 Each 2% Milk													
Calories	670	Calories	908	Calories	654	Calories	662	Calories	852	Calories	764	Calories	718
Protein	33	Protein	36	Protein	30	Protein	37	Protein	31	Protein	42	Protein	37
Fat	25%	Fat	43%	Fat	26%	Fat	16%	Fat	36%	Fat	26%	Fat	17%
Sodium	649	Sodium	1518	Sodium	1040	Sodium	865	Sodium	925	Sodium	1080	Sodium	786
Fiber	7	Fiber	8	Fiber	9	Fiber	5	Fiber	9	Fiber	8	Fiber	17
Vitamin A	487	Vitamin A	672	Vitamin A	734	Vitamin A	339	Vitamin A	450	Vitamin A	409	Vitamin A	456

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### EBRCOA NUTRITIONAL INFORMATION December 9 - December 15 Meals on Wheels Menu



Monday,Decem	ber 9, 2024	Tuesday, Decembe	er 10, 2024	Wednesday,Decen	mber 11, 2024	Thursday, Dece	mber 12, 2024	Friday, Decer	mber 13, 2024	Saturday, Dec	cember 14, 2024	Sunday, Decen	nber 15, 2024
1 Each Hamburge	er Steak	1 Each Smothered F	ork Chop	3 oz Baked Chick	en	1 Each Smothered	d Pork Chop	6 oz Hearty E	Beef Stew	3 oz Turkey	Sausage	1 Each Barbecu	e Beef Patty
1 oz Onions and	d Peppers	4 oz Mashed Pot	atoes	4 oz Sweet Potat	o Casserole	4 oz Mashed P	Potatoes	w/Vege	tables	4 oz Pinto B	eans	4 oz Baked B	eans
4 Each Potato We	edges	4 oz Mustard Gre	eens	4 oz Broccoli		1 oz. w/Gravy		4 oz Rice		4 oz Brown	Rice	4 oz Sliced C	arrots
4 oz Italian Gre	een Beans	1 Each Cornbread		1 Slice Wheat Brea	ıd	4 oz Baby Car	rots	4 oz Oriental	Blend	4 oz Green	Beans	1 Slice Wheat B	read
1 Slice Wheat Bre	ead	4 oz Diced Pears		1 Each Orange		1 Each Baked Ro	11	1 Each Wheat F	Roll	1 Slice Wheat	t Bread	1 Each 2% Milk	
1 Each Fresh Fruit		1 Each 2% Milk		1 Each 2% Milk		1 Slice Yellow Co	ake	1 Each Brownie		1 Each 2% Mi	ilk		
1 Piece Yellow Ca	ike w/lcing					1 Each 2% Milk		1 Each 2% Milk					
1 Each 2% Milk													
Calories	671	Calories	719	Calories	685	Calories	779	Calories	648	Calories	905	Calories	692
Protein	29	Protein	32	Protein	35	Protein	33	Protein	27	Protein	41	Protein	32
Fat	22%	Fat	31%	Fat	24%	Fat	29%	Fat	13%	Fat	44%	Fat	24%
Sodium	846	Sodium	967	Sodium	501	Sodium	1056	Sodium	840	Sodium	908	Sodium	1415
Fiber	9	Fiber	8	Fiber	6	Fiber	11	Fiber	11	Fiber	7	Fiber	13
Vitamin A	207	Vitamin A	325	Vitamin A	456	Vitamin A	574	Vitamin A	405	Vitamin A	539	Vitamin A	392

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## EBRCOA NUTRITIONAL INFORMATION December 16 - December 22 Meals on Wheels Menu



Monday,Decer	nber 16, 2024	Tuesday, Decer	mber 17, 2024	Wednesday,De	ecember 18, 2024	Thursday, De	cember 19, 2024	Friday, Dec	ember 20, 2024	Saturday, De	ecember 21, 2024	Sunday, Dec	ember 22, 2024
3 oz Sausage		3 oz Hamburg	jer Steak	3 oz Smother	ed Chicken	3 oz Smoke	d Turkey	4 oz White	Beans w/Ham	6 oz Chicke	n/Sausage	3 oz Peppe	r Steak
4 oz Red Bea	ns	1 oz. w/Gravy	/	4 oz Rice		Sausag	e	4 oz Rice		Jambo	alya	1 oz Onions	and Peppers
4 oz Rice		4 oz Rice		4 oz Blackeye	d Peas	4 oz Buttere	d Beans	4 oz Brocco	li	4 oz Corn		4 oz Steam	ed Rice
4 oz Turnip G	reens	4 oz Broccoli F	lorets	1 Slice Wheat B	read	4 oz Rice		1 Each Banan	a	4 oz Green	Beans	4 oz Califo	rnia Blend
1 Each Cornbred	ad	1 Slice Wheat B	read	4 oz Peaches		4 oz Sliced	Carrots	1 Each Oatme	eal Raisin Cookie	1 Slice Whea	t Bread	1 Slice Whea	t Bread
1 Each Rice Kris	py Treat	4 oz Mandarir	n Oranges	1 Each 2% Milk		1 Slice Wheat	Bread	1 Each 2% Mi	ilk	1 Each 2% M	ilk	1 Each 2% Mi	lk
1 Each 2% Milk		1 Slice Pound Co	ake			4 oz Apple	Cobbler						
		1 Each 2% Milk				1 Each 2% Mil	k						
Calories	686	Calories	663	Calories	691	Calories	689	Calories	795	Calories	704	Calories	869
Protein	31	Protein	35	Protein	37	Protein	37	Protein	24	Protein	35	Protein	39
Fat	25%	Fat	22%	Fat	19%	Fat	13%	Fat	35%	Fat	91%	Fat	30%
Sodium	857	Sodium	904	Sodium	811	Sodium	379	Sodium	957	Sodium	651	Sodium	923
Fiber	13	Fiber	7	Fiber	6	Fiber	9	Fiber	8	Fiber	9	Fiber	15
Vitamin A	332	Vitamin A	481	Vitamin A	439	Vitamin A	771	Vitamin A	459	Vitamin A	636	Vitamin A	433

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#### EBRCOA NUTRITIONAL INFORMATION December 23 - December 29 Meals on Wheels Menu



Monday,Dec	cember 23, 2024	Tuesday, D	ecember 24, 2024	Wednesday,D	ecember 25, 2024	Thursday, Dee	cember 26, 2024	Friday, Dec	ember 27, 2024	Saturday, De	ecember 28, 2024	Sunday, De	ecember 29, 2024
6 oz Chicke	n/Sausage	3 oz. Hami	ourger Steak	3 oz Baked ⊦	lam	3 oz Baked (	Chicken Leg	6 oz Chicke	n Stew	6 oz Mushro	oom Beef Tips	3 oz Pulle	d Pork
Stew		4 oz Brow	n Rice	4 oz Cornbre	ad Dressing	4 oz Pinto Be	eans	4 oz Brown	Rice	4 oz Brown	Rice	1 oz w/G	ravy
4 oz Rice		4 oz Calife	ornia Mixed	4 oz Green B	ean Casserole	4 oz Rice		4 oz Mixed	Vegetables	4 oz Veget	able Medley	4 oz Masł	ned Potatoes
4 oz Green	s	Vege	tables	1 Each Wheat I	Roll	4 oz Vegeta	ble	1 Each Apple		1 Slice Whea	t Bread	4 oz Glaz	ed Carrots
1 Each Wheat	t Roll	1 Slice Whee	at Bread	4 oz Peach C	obbler	1 Slice Wheat	Bread	1 Slice Angel	Food Cake	1 Each 2% M	ilk	1 Slice Whe	at Bread
1 Each Orang	je	4 oz Pined	pples	1 Each 2% Milk		4 oz Diced P	ears	1 Each 2% Mi	lk			1 Each 2%/	Milk
1 Each 2% Mi	ilk	1 Each Suga	r Cookies			1 Each Sugar C	Cookie						
		1 Each Sugar Cookies 1 Each 2% Milk				1 Each 2% Mill	k						
Calories	850	Calories	656	Calories	658	Calories	729	Calories	772	Calories	709	Calories	712
Protein	36	Protein	27	Protein	38	Protein	31	Protein	30	Protein	31	Protein	34
Fat	34%	Fat	27%	Fat	27%	Fat	31%	Fat	30%	Fat	17%	Fat	19%
Sodium	1243	Sodium	806	Sodium	1129	Sodium	725	Sodium	702	Sodium	968	Sodium	960
Fiber	8	Fiber	6	Fiber	5	Fiber	10	Fiber	11	Fiber	5	Fiber	9
Vitamin A	330	Vitamin A	501	Vitamin A	418	Vitamin A	365	Vitamin A	404	Vitamin A	499	Vitamin A	387

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in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided.



## EBRCOA NUTRITIONAL INFORMATION December 30 - January 5 Meals on Wheels Menu



Monday,December 30, 2024		Tuesday, December 31, 2024		Wednesday, January 1, 2024		Thursday, January 2, 2024		Friday, January 3, 2024		Saturday, January 4, 2024		Sunday, January 5, 2024	
3 oz Glazed Ham		3 oz Sausage		3 oz Smoked Sausage		6 oz Chicken Spaghetti		3 oz Herb Roasted Chicken		3 oz Smothered Steak		3 oz Italian Grilled	
4 oz Rice		4 oz White Beans		4 oz Brown Rice		4 oz California Mixed		4 oz Lima Beans		4 oz Mashed Potatoes		Chicken Breast	
4 oz Greens		4 oz Rice		4 oz Okra and Tomatoes		Vegetables		4 oz Squash		4 oz Okra and Tomatoes		4 oz Brown Rice Pilaf	
1 Each Cornbread		4 oz. Mixed Vegetables		1 Each Wheat Roll		1 Slice Garlic Bread		1 Each Wheat Roll		1 Slice Wheat Bread		4 oz Corn	
1 Piece German Chocolate		1 Slice Wheat Bread		1 Slice Chocolate Cake		1 Piece Pineapple Upside Down		4 oz. Baked Apple Slices		1 Each 2% Milk		1 Slice Wheat Bread	
Cake		4 oz. Banana Pudding		w/Frosting		Cake		1 Each 2% Milk				1 Each 2% Mi	ilk
1 Each 2% Milk		1 Each 2% Milk		1 Each 2% Milk		1 Each 2% Milk							
Calories	734	Calories	819	Calories	817	Calories	660	Calories	751	Calories	692	Calories	674
Protein	31	Protein	24	Protein	26	Protein	37	Protein	32	Protein	25	Protein	39
Fat	27%	Fat	31%	Fat	34%	Fat	26%	Fat	24%	Fat	26%	Fat	21%
Sodium	1202	Sodium	1056	Sodium	1190	Sodium	1134	Sodium	857	Sodium	1005	Sodium	961
Fiber	11	Fiber	8	Fiber	9	Fiber	8	Fiber	10	Fiber	5	Fiber	6
Vitamin A	368	Vitamin A	474	Vitamin A	207	Vitamin A	411	Vitamin A	390	Vitamin A	419	Vitamin A	544

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in determining the appropriate amount of sodium to consume eat day above and beyond that of the COA meals provided.