

# EBRCOA NUTRITIONAL INFORMATION

## October 7 - October 13 Meals on Wheels Menu



Monday, October 7, 2024		Tuesday, October 8, 2024		Wednesday, October 9, 2024		Thursday, October 10, 2024		Friday, October 11, 2024		Saturday, October 12, 2024		Sunday, October 13, 2024	
3 oz Smoked Sausage 4 oz Rice 4 oz Red Beans 4 oz Turnip Greens 1 Slice Wheat Roll 1 Each Rice Krispy Treat 1 Each 2% Milk		3 oz Hamburger Steak 1 oz w/Gravy 4 oz Rice 4 oz Broccoli Florets 1 Slice Wheat Bread 4 oz. Mandarin Oranges 1 Each 2% Milk		3 oz Rosemary Chicken 4 oz Roasted Potatoes 4 oz French Style Green Beans 1 Each Garlic Bread 4 oz. Peaches 1 Each 2% Milk		1 Each Salisbury Steak 1 oz w/Gravy 4 oz Rice Dressing 4 oz Sliced Carrots 1 Slice Wheat Bread 4 oz. Apple Cobbler 1 Each 2% Milk		6 oz Sausage, Okra, Tomato Stew 4 oz Rice 1 Each Banana 1 Each Oatmeal Raisin Cookie 1 Each 2% Milk		4 oz Lima Beans w/Ham 4 oz Rice Pilaf 4 oz Green Peas 1 Slice Wheat Bread 1 Each 2% Milk		3 oz Pepper Steak 1 oz w/Onions & Peppers 4 oz Steamed Rice 4 oz California Blend 1 Slice Wheat Bread 1 Each 2% Milk	
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	15%	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.



# EBR COA NUTRITIONAL INFORMATION

## October 14 - October 20

### Meals on Wheels Menu



Monday, October 14, 2024		Tuesday, October 15, 2024		Wednesday, October 16, 2024		Thursday, October 17, 2024		Friday, October 18, 2024		Saturday, October 19, 2024		Sunday, October 20, 2024								
6 oz Chicken/Sausage Stew	4 oz Rice	4 oz Potato Salad	4 oz Green Salad	1 Slice Wheat Roll	1 Each Orange	1 Each 2% Milk	3 oz Hamburger Steak	4 oz Steamed Brown Rice	4 oz California Mixed Vegetables	1 Slice Wheat Bread	4 oz Pineapples	1 Each Sugar Cookie	1 Each 2% Milk							
3 oz Baked Ham	4 oz Lima Beans	4 oz Green Bean Casserole	1 Each Wheat Roll	4 oz Peach Cobbler	1 Each 2% Milk	3 oz Three Bean Soup w/Beef	4 oz Rice	4 oz Spinach	1 Slice Wheat Bread	4 oz Diced Pears	1 Each Sugar Cookie	1 Each 2% Milk	4 oz Meat Sauce	4 oz w/Spaghetti	4 oz Italian Green Beans	4 oz Tossed Salad w/Dressing	1 Slice Garlic Bread	1 Each Apple	1 Slice Angel Food Cake	1 Each 2% Milk
6 oz. Mushroom Chicken Stir Fry	4 oz Brown Rice	4 oz Vegetable Medley	1 Slice Wheat Bread	1 Each 2% Milk	3 oz Pulled Pork w/Gravy	4 oz Mashed Potatoes	4 oz Glazed Carrots	1 Slice Wheat Bread	1 Each 2% Milk	1 Slice Wheat Bread	1 Each 2% Milk	1 Slice Wheat Bread	1 Each 2% Milk							
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, October 21, 2024		Tuesday, October 22, 2024		Wednesday, October 23, 2024		Thursday, October 24, 2024		Friday, October 25, 2024		Saturday, October 26, 2024		Sunday, October 27, 2024	
3 oz Glazed Ham 4 oz Yams 4 oz Greens 1 Each Cornbread 1 Piece German Chocolate Cake 1 Each 2% Milk		6 oz Jambalaya 4 oz White Beans 4 oz Green Beans 1 Slice Wheat Bread 4 oz. Banana Pudding 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Brown Rice 4 oz Okra 1 Each Wheat Roll 1 Each Fresh Fruit 1 Piece Chocolate Cake w/Frosting 1 Each 2% Milk		6 oz Chicken Spaghetti 4 oz California Mixed Vegetables 1 Slice Garlic Bread 1 Piece Pineapple Upside Down Cake 1 Each 2% Milk		3 oz Grilled Chicken 4 oz Lima Beans 4 oz Mixed Vegetables 1 Each Wheat Roll 4 oz Baked Apple Slices 1 Each 2% Milk		3 oz Smothered Steak 4 oz Mashed Potatoes 4 oz Okra and Tomatoes 1 Slice Wheat Bread 1 Each 2% Milk		3 oz Italian Grilled Chicken Breast 4 oz Brown Rice Pilaf 4 oz Corn 1 Slice Wheat Bread 1 Each 2% Milk	
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, October 28, 2024	Tuesday, October 29, 2024	Wednesday, October 30, 2024	Thursday, October 31, 2024	Friday, November 1, 2024	Saturday, November 2, 2024	Sunday, November 3, 2024
6 oz Chicken Bread 1 oz Onions and Peppers 4 oz Brown Rice 4 oz Green Beans 1 Each Wheat Roll 1 Each Fresh Fruit 1 Piece Apple Cake 1 Each 2% Milk	4 oz Lima Bean w/Ham 4 oz Brown Rice 4 oz Mixed Vegetables 1 Slice Wheat Roll 4 oz. Bread Pudding 1 Each 2% Milk	3 oz Chicken Stir Fry 4 oz Brown Rice 4 oz Broccoli 1 Each French Bread 4 oz. Mandarin Oranges 1 Piece Sponge Cake 1 Each 2% Milk	6 oz Three Bean Stew w/Beef 4 oz Mashed Potatoes 1 oz w/Gravy 4 oz Baby Carrots 1 Each Herb Baked Roll 1 Slice Yellow Cake 1 Each 2% Milk	1 Each Smothered Turkey 4 oz Rice 4 oz Peas 1 Each Wheat Roll 1 Each Banana 1 Each 2% Milk	3 oz Baked Chicken Legs 4 oz Lima Beans 4 oz Seasoned Yellow Squash 1 Slice Wheat Bread 1 Each 2% Milk	3 oz Sausage 4 oz Rice 4 oz Blackeyed Peas 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk
Calories 667 Protein 33 Fat 25% Sodium 649 Fiber 7 Vitamin A 487	Calories 962 Protein 35 Fat 38% Sodium 931 Fiber 9 Vitamin A 378	Calories 749 Protein 30 Fat 18% Sodium 1078 Fiber 9 Vitamin A 495	Calories 696 Protein 29 Fat 15% Sodium 877 Fiber 5 Vitamin A 411	Calories 686 Protein 42 Fat 18% Sodium 358 Fiber 12 Vitamin A 949	Calories 764 Protein 42 Fat 26% Sodium 1080 Fiber 8 Vitamin A 409	Calories 672 Protein 37 Fat 20% Sodium 600 Fiber 12 Vitamin A 587

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# EBR COA NUTRITIONAL INFORMATION

## November 4 - November 10

### Meals on Wheels Menu



Monday, November 4, 2024		Tuesday, November 5, 2024		Wednesday, November 6, 2024		Thursday, November 7, 2024		Friday, November 8, 2024		Saturday, November 9, 2024		Sunday, November 10, 2024	
6 oz Meatsauce and Spaghetti 4 oz Italian Green Beans 1 Each Wheat Bread 1 Each Fresh Fruit 1 Piece Yellow Cake w/Icing 1 Each 2% Milk		1 Each Smothered Chicken Thighs 4 oz Mashed Potatoes 4 oz Mustard Greens 1 Each Cornbread 1 Each Diced Pears 1 Each 2% Milk		6 oz Chili w/Beans 4 oz Corn 4 oz Broccoli 1 Slice Wheat Bread 1 Each Orange 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Brown Rice 4 oz White Beans 4 oz Green Salad 1 Each Wheat Roll 1 Slice Spice Cake 1 Each 2% Milk		4 oz Pulled Pork 4 oz Corn 4 oz Spinach 1 Each Brownie 1 Each 2% Milk		3 oz Garlic Herb Chicken Breast 4 oz Mashed Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk		1 Each BBQ Beef Patty 4 oz Baked Beans 4 oz Sliced Carrots 1 Slice Wheat Bread 1 Each 2% Milk	
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, November 11, 2024		Tuesday, November 12, 2024		Wednesday, November 13, 2024		Thursday, November 14, 2024		Friday, November 15, 2024		Saturday, November 16, 2024		Sunday, November 17, 2024	
3 oz Sausage 4 oz Butter Beans 4 oz Rice 4 oz Mustard Greens 1 Slice Wheat Bread 4 oz Apple Cobbler 1 Each 2% Milk		3 oz Hamburger Steak 1 oz w/Gravy 4 oz Rice 4 oz Broccoli Florets 1 Slice Wheat Bread 4 oz Mandarin Oranges 1 Slice Pound Cake 1 Each 2% Milk		6 oz Baked Ham 4 oz Green Peas 4 oz Rice 4 oz Broccoli 4 oz Carrots 1 Each Wheat Roll 4 oz Peaches 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Rice 4 oz Red Beans 4 oz Turnip Greens 1 Each Wheat Roll 1 Each Rice Krispy Treat 1 Each 2% Milk		6 oz Field Peas w/Ham 4 oz Rice 4 oz Oriental Veggies 1 Each Cookie 1 Each 2% Milk		3 oz Rosemary Chicken 4 oz Rice Pilaf 4 oz Green Peas 1 Slice Wheat Bread 1 Each 2% Milk		3 oz Pepper Steak 1 oz w/Onions & Peppers 4 oz Steamed Rice 4 oz California Blend 1 Slice Wheat Bread 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, November 18, 2024		Tuesday, November 19, 2024		Wednesday, November 20, 2024		Thursday, November 21, 2024		Friday, November 22, 2024		Saturday, November 23, 2024		Sunday, November 24, 2024	
6 oz Chicken/Sausage Stew 4 oz Rice 4 oz Okra 1 Each Wheat Roll 1 Each Orange 1 Each 2% Milk		3 oz Shepherd's Pie 4 oz Peas 4 oz Cauliflower 1 Slice Wheat Bread 4 oz. Pineapples 1 Each Sugar Cookie 1 Each 2% Milk		3 oz Baked Ham 4 oz Yams 4 oz Green Bean Casserole 1 Each Wheat Roll 4 oz. Peach Cobbler 1 Each 2% Milk		3 oz Baked Turkey 4 oz Cornbread Dressing 4 oz Yams 4 oz Greens 1 Slice Wheat Bread 4 oz. Diced Pears 1 Each Sugar Cookie 1 Each 2% Milk		4 oz Chicken Legs 4 oz Rice Pilaf 4 oz Green Beans 1 Slice Wheat Bread 1 Each Apple 1 Slice Angel Food Cake 1 Each 2% Milk		3 oz Sausage 4 oz White Beans 4 oz Brown Rice 4 oz Vegetable Medley 1 Slice Wheat Bread 1 Each 2% Milk		3 oz Pulled Pork 1 oz W/Gravy 4 oz Mashed Potatoes 4 oz Glazed Carrots 1 Slice Wheat Bread 1 Each 2% Milk	
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, November 25, 2024		Tuesday, November 26, 2024		Wednesday, November 27, 2024		Thursday, November 28, 2024		Friday, November 29, 2024		Saturday, November 30, 2024		Sunday, December 1, 2024	
3 oz Sausage		3 oz Pepper Steak		3 oz Smoked Sausage		6 oz Turkey Spaghetti		4 oz Beef w/Gravy		3 oz Smoked Sausage		3 oz Italian Grilled	
4 oz Red Beans		4 oz Garlic Mashed Potatoes		4 oz Brown Rice		4 oz California Mixed Vegetables		4 oz Mashed Potatoes		4 oz Okra and Tomatoes		Chicken Breast	
4 oz Rice		4 oz Green Beans		4 oz White Beans or Pinto Beans		1 Slice Garlic Bread		4 oz California Blend		4 oz Rice		4 oz Brown Rice Pilaf	
4 oz Greens		1 Slice Wheat Bread		1 Each Wheat Roll		1 Piece Pineapple Upside Down Cake		1 Each Wheat Roll		1 Slice Wheat Bread		4 oz Corn	
1 Each Cornbread		4 oz Banana Pudding		1 Each Fresh Fruit		1 Each 2% Milk		4 oz Baked Apple Slices		1 Each 2% Milk		1 Slice Wheat Bread	
1 Piece German Chocolate Cake		1 Each 2% Milk		1 Slice Chocolate Cake w/Frosting				1 Each 2% Milk				1 Each 2% Milk	
1 Each 2% Milk				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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# EBR COA NUTRITIONAL INFORMATION

## December 2 - December 8 Meals on Wheels Menu



Monday, December 2, 2024		Tuesday, December 3, 2024		Wednesday, December 4, 2024		Thursday, December 5, 2024		Friday, December 6, 2024		Saturday, December 7, 2024		Sunday, December 8, 2024	
3 oz Sausage 4 oz Red Beans 4 oz Brown Rice 4 oz Green Beans 1 Each Wheat Roll 1 Each Fresh Fruit 1 Piece Apple Cake 1 Each 2% Milk		6 oz Chicken Breast 1 oz Onions and Peppers 4 oz Loaded Potatoes 4 oz Carrots 1 Each Wheat Roll 6 oz Bread Pudding 1 Each 2% Milk		6 oz Hearty Chicken Stew 4 oz Brown Rice 4 oz Broccoli 1 Each French Bread 6 oz Mandarin Oranges 1 Slice Sponge Cake 1 Each 2% Milk		1 Each Smothered Beef Patty 4 oz Mashed Potatoes 1 oz w/Gravy 4 oz Baby Carrots 1 Each Baked Roll 1 Slice Yellow Cake 1 Each 2% Milk		3 oz Smoked Turkey 4 oz Navy Beans 4 oz Rice 4 oz Cabbage 1 Slice Wheat Bread 1 Each Banana 1 Each 2% Milk		3 oz Baked Chicken Legs 4 oz Lima Beans 4 oz Seasoned Yellow Squash 1 Slice Wheat Bread 1 Each 2% Milk		6 oz Chili w/Beans 4 oz Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread 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, December 9, 2024		Tuesday, December 10, 2024		Wednesday, December 11, 2024		Thursday, December 12, 2024		Friday, December 13, 2024		Saturday, December 14, 2024		Sunday, December 15, 2024	
1 Each Hamburger Steak 1 oz Onions and Peppers 4 Each Potato Wedges 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Piece Yellow Cake w/Icing 1 Each 2% Milk		1 Each Smothered Pork Chop 4 oz Mashed Potatoes 4 oz Mustard Greens 1 Each Cornbread 4 oz Diced Pears 1 Each 2% Milk		3 oz Baked Chicken 4 oz Sweet Potato Casserole 4 oz Broccoli 1 Slice Wheat Bread 1 Each Orange 1 Each 2% Milk		1 Each Smothered Pork Chop 4 oz Mashed Potatoes 1 oz. w/Gravy 4 oz Baby Carrots 1 Each Baked Roll 1 Slice Yellow Cake 1 Each 2% Milk		6 oz Hearty Beef Stew w/Vegetables 4 oz Rice 4 oz Oriental Blend 1 Each Wheat Roll 1 Each Brownie 1 Each 2% Milk		3 oz Turkey Sausage 4 oz Pinto Beans 4 oz Brown Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk		1 Each Barbecue Beef Patty 4 oz Baked Beans 4 oz Sliced Carrots 1 Slice Wheat Bread 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, December 16, 2024		Tuesday, December 17, 2024		Wednesday, December 18, 2024		Thursday, December 19, 2024		Friday, December 20, 2024		Saturday, December 21, 2024		Sunday, December 22, 2024	
3 oz Sausage 4 oz Red Beans 4 oz Rice 4 oz Turnip Greens 1 Each Cornbread 1 Each Rice Krispy Treat 1 Each 2% Milk		3 oz Hamburger Steak 1 oz. w/Gravy 4 oz Rice 4 oz Broccoli Florets 1 Slice Wheat Bread 4 oz Mandarin Oranges 1 Slice Pound Cake 1 Each 2% Milk		3 oz Smothered Chicken 4 oz Rice 4 oz Blackeyed Peas 1 Slice Wheat Bread 4 oz Peaches 1 Each 2% Milk		3 oz Smoked Turkey Sausage 4 oz Buttered Beans 4 oz Rice 4 oz Sliced Carrots 1 Slice Wheat Bread 4 oz Apple Cobbler 1 Each 2% Milk		4 oz White Beans w/Ham 4 oz Rice 4 oz Broccoli 1 Each Banana 1 Each Oatmeal Raisin Cookie 1 Each 2% Milk		6 oz Chicken/Sausage Jambalya 4 oz Corn 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk		3 oz Pepper Steak 1 oz Onions and Peppers 4 oz Steamed Rice 4 oz California Blend 1 Slice Wheat Bread 1 Each 2% Milk	
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, December 23, 2024		Tuesday, December 24, 2024		Wednesday, December 25, 2024		Thursday, December 26, 2024		Friday, December 27, 2024		Saturday, December 28, 2024		Sunday, December 29, 2024	
6 oz Chicken/Sausage Stew 4 oz Rice 4 oz Greens 1 Each Wheat Roll 1 Each Orange 1 Each 2% Milk		3 oz. Hamburger Steak 4 oz Brown Rice 4 oz California Mixed Vegetables 1 Slice Wheat Bread 4 oz Pineapples 1 Each Sugar Cookies 1 Each 2% Milk		3 oz Baked Ham 4 oz Cornbread Dressing 4 oz Green Bean Casserole 1 Each Wheat Roll 4 oz Peach Cobbler 1 Each 2% Milk		3 oz Baked Chicken Leg 4 oz Pinto Beans 4 oz Rice 4 oz Vegetable 1 Slice Wheat Bread 4 oz Diced Pears 1 Each Sugar Cookie 1 Each 2% Milk		6 oz Chicken Stew 4 oz Brown Rice 4 oz Mixed Vegetables 1 Each Apple 1 Slice Angel Food Cake 1 Each 2% Milk		6 oz Mushroom Beef Tips 4 oz Brown Rice 4 oz Vegetable Medley 1 Slice Wheat Bread 1 Each 2% Milk		3 oz Pulled Pork 1 oz w/Gravy 4 oz Mashed Potatoes 4 oz Glazed Carrots 1 Slice Wheat Bread 1 Each 2% Milk	
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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# EBR COA 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% Milk	
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

\*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.