

EBR COA CONGREGATE NUTRITIONAL INFORMATION

January 6 - 10



Monday, January 6, 2025		Tuesday, January 7, 2025		Wednesday, January 8, 2025		Thursday, January 9, 2025		Friday, January 10, 2025	
3 oz Baked Chicken 4 oz Sweet Potato Casserole 4 oz Green beans 1 Slice Wheat Bread 1 Each Orange 1 Each 2% Milk		4 oz Meat Sauce 4 oz Spaghetti 4 oz Italian Green Beans 4 oz Tossed Salad w/Dressing 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		1 Each Smothered Pork Chop 4 oz Mashed Potatoes 4 oz Mustard Greens 1 Slice Wheat Bread 4 oz Diced Pears 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Brown Rice 4 oz White Beans 4 oz Mixed Vegetables 1 Each Wheat Roll 1 Piece Spice Cake 1 Each 2% Milk		1 Each Hot Dog on Bun 1 oz Chili and Cheese 1 oz. Baked Chips 4 oz Tossed Salad w/Dressing 1 Each Banana 1 Each Oatmeal Raisin Cookie 1 Each 2% Milk	
Calories	639	Calories	834	Calories	651	Calories	847	Calories	746
Protein	32	Protein	35	Protein	35	Protein	36	Protein	31
Fat	18%	Fat	16%	Fat	10%	Fat	26%	Fat	22%
Sodium	603	Sodium	329	Sodium	488	Sodium	1212	Sodium	1124
Fiber	10	Fiber	10	Fiber	6	Fiber	15	Fiber	9
Vitamin A	512	Vitamin A	527	Vitamin A	204	Vitamin A	260	Vitamin A	788

*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 determine 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 CONGREGATE MENUS NUTRITIONAL INFORMATION January 13 - 17



Monday, January 13, 2025		Tuesday, January 14, 2025		Wednesday, January 15, 2025		Thursday, January 16, 2025		Friday, January 17, 2025	
6 oz Chicken/Sausage Gumbo 4 oz Potato Salad 4 oz Tossed Salad w/Dressing 1 Slice Wheat Bread 1 Each Orange 1 Each 2% Milk		1 Each Hamburger Steak w/Gravy 4 oz Mashed Potatoes 4 oz Broccoli Florets 1 Slice Wheat Bread 4 oz Mandarin Oranges 1 Piece Pound Cake 1 Each 2% Milk		1 Each Smothered Chicken 4 oz Rice 4 oz Green Peas 1 Slice Wheat Bread 4 oz Peach Cobbler 1 Each 2% Milk		3 oz. Smothered Pork 4 oz Rice 4 oz Sliced Carrots 1 Each Wheat Roll 4 oz Apple Cobbler 1 Each 2% Milk		1 Each Chicken Salad on Croissant 1 oz Baked Chips 4 oz Cucumber/Tomato Salad 1 Each Brownie 1 Each 2% Milk	
Calories	791	Calories	656	Calories	795	Calories	717	Calories	743
Protein	33	Protein	33	Protein	42	Protein	32	Protein	30
Fat	42%	Fat	25%	Fat	18%	Fat	18%	Fat	28%
Sodium	742	Sodium	667	Sodium	902	Sodium	646	Sodium	794
Fiber	9	Fiber	9	Fiber	11	Fiber	9	Fiber	5
Vitamin A	925	Vitamin A	885	Vitamin A	283	Vitamin A	295	Vitamin A	170

*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 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 CONGREGATE MENUS NUTRITIONAL INFORMATION January 20 - 24



Monday, January 20, 2025	Tuesday, January 21, 2025	Wednesday, January 22, 2025	Thursday, January 23, 2025	Friday, January 24, 2025
Martin Luther King Holiday	1 Each Beef Taco 4 oz. Refried Beans 4 oz. Mexican Rice 4 oz Pineapples 1 Each Sugar Cookie 1 Eac 2% Milk	6 oz. Chili w/Beans 4 oz Brown Rice 4 oz Broccoli 1 Slice Cornbread 1 Each Brownie 1 Each 2% Milk	3 oz. Baked Chicken Leg 4 oz Macaroni and Cheese 4 oz Spinach 1 Each Wheat Bread 4 oz Diced Pears 1 Each Sugar Cookie 1 Each 2% Milk	1 Each Turkey Sandwich 1 oz Baked Chips 4 oz Carrot/Raisin Salad 1 Each Apple 1 Piece Angel Food Cake 1 Each 2% Milk
	Calories 604 Protein 32 Fat 20% Sodium 412 Fiber 6 Vitamin A 818	Calories 789 Protein 36 Fat 28% Sodium 1025 Fiber 12 Vitamin A 569	Calories 659 Protein 32 Fat 16% Sodium 843 Fiber 11 Vitamin A 709	Calories 757 Protein 28 Fat 17% Sodium 1362 Fiber 10 Vitamin A 679

*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 Hyper 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 CONGREGATE MENUS NUTRITIONAL INFORMATION January 27 - 31



Monday, January 27, 2025		Tuesday, January 28, 2025		Wednesday, January 29, 2025		Thursday, January 30, 2025		Friday, January 31, 2025	
3 oz Smoked Sausage 4 oz Brown Rice 4 oz Field Peas 1 Each Wheat Roll 4 oz Grapes 1 Piece Chocolate Cake w/Frosting 1 Each 2% Milk		3 oz Pepper Steak w/Gravy 4 oz Rice 4 oz Green Beans 1 Slice Wheat Bread 4 oz Banana Pudding 1 Each 2% Milk		3 oz. Oven Fried Chicken 4 oz Garlic Mashed Potatoes 4 oz Greens 1 Each Cornbread 1 Each Orange 1 Each Cookie 1 Each 2% Milk		6 oz Meatsauce and Spaghetti 4 oz California Mix Vegetables 1 Slice Wheat Bread 4 oz Diced Pears 1 Each 2% Milk		1 Each Tuna Sandwich on Wheat 1 oz Baked Chips 4 oz Tossed Salad w/Dressing 1 Each Apple 1 Each 2% Milk	
Calories	635	Calories	791	Calories	758	Calories	645	Calories	627
Protein	33	Protein	37	Protein	27	Protein	34	Protein	29
Fat	26%	Fat	26%	Fat	31%	Fat	15%	Fat	15%
Sodium	883	Sodium	939	Sodium	1109	Sodium	381	Sodium	805
Fiber	7	Fiber	10	Fiber	9	Fiber	11	Fiber	11
Vitamin A	934	Vitamin A	263	Vitamin A	928	Vitamin A	198	Vitamin A	537

*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 determine 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 CONGREGATE MENUS NUTRITIONAL INFORMATION February 3 - 7



Monday, February 3, 2025		Tuesday, February 4, 2025		Wednesday, February 5, 2025		Thursday, February 6, 2025		Friday, February 7, 2025	
3 oz Baked Ham 1 Each Sweet Potato 1 Each Margarine 4 oz Green Beans 1 Each Cornbread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		4 oz Meatloaf 4 oz Mashed Potatoes 1 oz Gravy 4 oz Corn 1 Slice Wheat Bread 4 oz Fruit Cocktail 1 Each 2% Milk		6 oz Chicken and Sausage Jambalaya 4 oz Broccoli 1 Slice Wheat Bread 4 oz Mandarin Oranges 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Rice 4 oz Red Beans 4 oz Greens 1 Each Cornbread 1 Piece Yellow Cake 1 Each 2% Milk		1 Each Turkey Sandwich onWheat 1 oz. Baked Chips 1 Each Fruit 1 Each 2% Milk	
Calories	806	Calories	723	Calories	647	Calories	875	Calories	664
Protein	47	Protein	40	Protein	35	Protein	33	Protein	25
Fat	23%	Fat	24%	Fat	11%	Fat	27%	Fat	22%
Sodium	1502	Sodium	910	Sodium	472	Sodium	1387	Sodium	836
Fiber	15	Fiber	7	Fiber	9	Fiber	14	Fiber	5
Vitamin A	834	Vitamin A	366	Vitamin A	102	Vitamin A	460	Vitamin A	186

*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 c 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 CONGREGATE MENUS NUTRITIONAL INFORMATION

February 10 - 14



Monday, February 10, 2025		Tuesday, February 11, 2025		Wednesday, February 12, 2025		Thursday, February 13, 2025		Friday, February 14, 2025	
6 oz. Chicken Sausage Gumbo 4 oz Greens 1 Each Cornbread 1 Each Orange 1 Each 2% Milk		3 oz. Pepper Steak 4 oz. Steamed Rice 4 oz. Green Beans 1 Slice Wheat Bread 4 oz. Banana Pudding 1 Each 2% Milk		3 oz. Baked Fish 4 oz. Mashed Potatoes 4 oz. Mustard Greens 1 Slice Wheat Bread 4 oz. Diced Pears 1 Each 2% Milk		3 oz. Smoked Sausage 4 oz. Brown Rice 4 oz. White Beans 4 oz. Mixed Vegetables 1 Each Wheat Roll 1 Piece Spice Cake 1 Each 2% Milk		1 Each Hamburger on Wheat Bun 4 oz Potato Wedges 4 oz Coleslaw 1 Each Banana 1 Each 2% Milk	
Calories	738	Calories	774	Calories	663	Calories	803	Calories	616
Protein	35	Protein	36	Protein	32	Protein	33	Protein	31
Fat	32%	Fat	26%	Fat	21%	Fat	25%	Fat	24%
Sodium	1152	Sodium	848	Sodium	792	Sodium	1401	Sodium	524
Fiber	12	Fiber	10	Fiber	8	Fiber	16	Fiber	8
Vitamin A	404	Vitamin A	263	Vitamin A	664	Vitamin A	277	Vitamin A	272

*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 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 CONGREGATE MENUS

NUTRITIONAL INFORMATION

February 17 - 21



Monday, February 17, 2025		Tuesday, February 18, 2025		Wednesday, February 19, 2025		Thursday, February 20, 2025		Friday, February 21, 2025	
3 oz Baked Chicken 4 oz Rice 4 oz Pinto Beans 1 Each Cornbread 1 Each Orange 1 Each 2% Milk		3 Each Taco 4 oz Spanish Rice 4 oz Refried Beans 1 Each Fresh Fruit 1 Each 2% Milk		1 Each Smothered Chicken 4 oz Dirty Rice 4 oz Green Peas 1 Each Wheat Roll 4 oz Peaches 1 Each 2% Milk		6 oz Chicken Alfredo 4 oz Tossed Salad w/Dressing 1 Slice Garlic Bread 1 Each Banana 1 Each Oatmeal Raisin Cookie 1 Each 2% Milk		1 Each Chicken Salad Sandwich 1 oz Potato Chips 4 oz Sliced Carrots 4 oz Apple Cobbler 1 Each 2% Milk	
Calories	686	Calories	944	Calories	656	Calories	808	Calories	663
Protein	32	Protein	42	Protein	44	Protein	33	Protein	35
Fat	26%	Fat	31%	Fat	12%	Fat	30%	Fat	24%
Sodium	1051	Sodium	824	Sodium	1269	Sodium	1307	Sodium	674
Fiber	9	Fiber	12	Fiber	11	Fiber	7	Fiber	8
Vitamin A	108	Vitamin A	900	Vitamin A	305	Vitamin A	309	Vitamin A	694

*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 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 CONGREGATE MENUS

NUTRITIONAL INFORMATION

February 24 - 28



Monday, February 24, 2025		Tuesday, February 25, 2025		Wednesday, February 26, 2025		Thursday, February 27, 2025		Friday, February 28, 2025	
4 oz Rice 4 oz Chili Beans 4 Each Crackers 1 Each Wheat Roll 1 Each Orange 1 Each 2% Milk		6 oz Baked Spaghetti w/Cheese 4 oz California Mixed Vegetables 1 Slice Garlic Bread 4 oz Pineapples 1 Each Sugar Cookie 1 Each 2% Milk		3 oz Smothered Pork 4 oz Garlic Potatoes 4 oz Mustard Greens 1 Each Wheat Roll 4 oz Peach Cobbler 1 Each 2% Milk		3 oz. Oven Fried Chicken 4 oz Macaroni and Cheese 4 oz Spinach 1 Slice Wheat Bread 4 oz Diced Pears 1 Each 2% Milk		1 Each Ham Sub 1 oz Baked Chips 1 Each Apple 1 Piece Angel Food Cake 1 Each 2% Milk	
Calories	471	Calories	782	Calories	866	Calories	627	Calories	867
Protein	22	Protein	33	Protein	36	Protein	32	Protein	37
Fat	5%	Fat	29%	Fat	22%	Fat	12%	Fat	27%
Sodium	657	Sodium	934	Sodium	1583	Sodium	848	Sodium	2488
Fiber	13	Fiber	8	Fiber	10	Fiber	11	Fiber	10
Vitamin A	733	Vitamin A	253	Vitamin A	122	Vitamin A	933	Vitamin A	351

*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 di 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 CONGREGATE MENUS NUTRITIONAL INFORMATION

March 3 - 7



Monday, March 3, 2025	Tuesday, March 4, 2025	Wednesday, March 5, 2025	Thursday, March 6, 2025	Friday, March 7, 2025
MARDI GRAS HOLIDAY	MARDI GRAS HOLIDAY	3 oz Smoked Sausage 4 oz Brown Rice 4 oz Field Peas 1 Each Wheat Roll 4 oz Grapes 1 Piece Chocolate Cake w/Frosting 1 Each 2% Milk	6 oz Cheesy Chicken Spaghetti 4 oz Mixed Vegetables 1 Slice Wheat Bread 4 oz Diced Pears Each 2% Milk	6 oz Shrimp Etouffee 4 oz Rice 4 oz Green Beans 4 oz Tossed Salad w/Dressing 1 Each Apple 1 Each 2% Milk
		Calories 758 Protein 27 Fat 31% Sodium 1109 Fiber 9 Vitamin A 928	Calories 660 Protein 41 Fat 10% Sodium 788 Fiber 12 Vitamin A 457	Calories 674 Protein 27 Fat 18% Sodium 821 Fiber 10 Vitamin A 402

*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 should consult their physician 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 CONGREGATE NUTRITIONAL INFORMATION

March 10 - 14



Monday, March 10, 2025		Tuesday, March 11, 2025		Wednesday, March 12, 2025		Thursday, March 13, 2025		Friday, March 14, 2025	
3 oz Baked Ham 4 oz Carrot Souffle 4 oz Green Beans 1 Each Wheat Roll 1 Piece Yellow Cake 1 Each 2% Milk		4 oz Meatloaf 4 oz Mashed Potatoes w/Gravy 4 oz Corn 1 Slice Wheat Bread 4 oz Fruit Cocktail 1 Each 2% Milk		1 Each Grilled Chicken Salad 1 Slice Wheat Bread 4 oz. Fruit 1 Each Snack 1 Each 2% Milk		1 Each Smothered Pork Chop 1 oz w/Gravy 4 oz Rice 4 oz Broccoli 1 Each Cornbread 4 oz Mandarin Oranges 1 Each 2% Milk		1 Each Tuna Salad on Croissant 1 oz Baked Chips 4 oz Tossed Salad w/Dressing 4 oz Coleslaw 1 Slice Wheat Bread 1 Each Banana 1 Each 2% Milk	
Calories	800	Calories	730	Calories	601	Calories	656	Calories	661
Protein	37	Protein	40	Protein	40	Protein	39	Protein	25
Fat	26%	Fat	24%	Fat	23%	Fat	21%	Fat	22%
Sodium	1717	Sodium	908	Sodium	915	Sodium	649	Sodium	689
Fiber	9	Fiber	7	Fiber	8	Fiber	5	Fiber	8
Vitamin A	950	Vitamin A	364	Vitamin A	251	Vitamin A	883	Vitamin A	882

*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 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 CONGREGATE MENUS NUTRITIONAL INFORMATION March 17 - 21



Monday, March 17, 2025		Tuesday, March 18, 2025		Wednesday, March 19, 2025		Thursday, March 20, 2025		Friday, March 21, 2025	
3 oz Baked Chicken 4 oz Roasted Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each Orange 1 Each 2% Milk		6 oz Meat Sauce w/Spaghetti 4 oz Italian Green Beans 4 oz Tossed Salad w/Dressing 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Yellow Cake w/Icing 1 Each 2% Milk		1 Each Cobb Salad w/Dressing 4 oz. Diced Pears 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Brown Rice 4 oz Red Beans 4 oz Mixed Vegetables 1 Each Wheat Roll 1 Each Spice Cake 1 Each 2% Milk		8 oz Seafood Gumbo 4 oz Rice 4 oz Potato Salad 1 Slice French Bread 1 Each Brownie 1 Each 2% Milk	
Calories	653	Calories	854	Calories	764	Calories	803	Calories	677
Protein	29	Protein	35	Protein	41	Protein	32	Protein	36
Fat	20%	Fat	20%	Fat	44%	Fat	25%	Fat	16%
Sodium	746	Sodium	634	Sodium	1110	Sodium	1401	Sodium	1350
Fiber	9	Fiber	14	Fiber	8	Fiber	16	Fiber	4
Vitamin A	590	Vitamin A	809	Vitamin A	752	Vitamin A	277	Vitamin A	170

*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 consult with their physician 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 CONGREGATE MENUS NUTRITIONAL INFORMATION March 24 - 28



Monday, March 24, 2025		Tuesday, March 25, 2025		Wednesday, March 26, 2025		Thursday, March 27, 2025		Friday, March 28, 2025	
3 oz Smoked Sausage 4 oz Rice 4 oz White Beans 4 oz Turnip Greens 1 Each Wheat Roll 1 Each Rice Krispy Treat 1 Each 2% Milk		1 Each Chicken Taco 4 oz Rice 4 oz Broccoli Florets 1 Slice Wheat Bread 4 oz Mandarin Oranges 1 Piece Pound Cake 1 Each 2% Milk		1 Each Turkey Burger 1 Each Lettuce / Tomato 4 oz Potato Wedges 4 oz Fruit 1 Each Snack 1 Each 2% Milk		1 Each Smothered Chicken 4 oz Mashed Potatoes 4 oz Green Peas 1 Each Wheat Roll 4 oz Peaches 1 Each 2% Milk		6 oz Shrimp Alfredo 4 oz Tossed Salad w/Dressing 1 Slice Garlic Bread 1 Each Banana 1 Each Oatmeal Raisin Cookie 1 Each 2% Milk	
Calories	699	Calories	693	Calories	386	Calories	558	Calories	612
Protein	35	Protein	32	Protein	58	Protein	41	Protein	31
Fat	24%	Fat	24%	Fat	4%	Fat	9%	Fat	23%
Sodium	966	Sodium	635	Sodium	2460	Sodium	827	Sodium	536
Fiber	12	Fiber	8	Fiber	5	Fiber	11	Fiber	6
Vitamin A	715	Vitamin A	806	Vitamin A	404	Vitamin A	213	Vitamin A	466

*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 consult with their physician 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.