

# EBRCOA FROZEN NUTRITIONAL INFORMATION

## January 6 - 12 Meals on Wheels Menu



Monday, January 6, 2025		Tuesday, January 7, 2025		Wednesday, January 8, 2025		Thursday, January 9, 2025		Friday, January 10, 2025		Saturday, January 11, 2025		Sunday, January 12, 2025	
6 oz Chicken Sausage Gumbo 4 oz White Rice 4 oz Spinach 1 Slice Wheat Bread 1 Each Fruit 1 Each Snack 1 Each 2% Milk		1 Each Pork Chop w/Gravy 4 oz Rice Pilaf 4 oz Green Beans 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		4 oz Brown Rice 4 oz Red Beans 4 oz Baby Carrots 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		3 oz. Smothered Pork 4 oz Scalloped Potatoes 4 oz Okra 1 Each Wheat Roll 1 Each Snack 1 Each 2% Milk		1 Each BBQ Beef Patty 4 oz Baked Beans 4 oz Sliced Carrots 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		3 oz Pulled Pork 4 oz Mashed Potatoes 4 oz Broccoli Florets 1 Slice Wheat Bread 1 Each 2% Milk		4 oz Meat Sauce 4 oz Spaghetti 4 oz Italian Green Beans 4 oz Yellow Squash 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	817	Calories	665	Calories	492	Calories	641	Calories	70	Calories	648	Calories	568
Protein	36	Protein	46	Protein	23	Protein	45	Protein	34	Protein	41	Protein	29
Fat	42%	Fat	20%	Fat	8%	Fat	15%	Fat	23%	Fat	22%	Fat	16%
Sodium	832	Sodium	533	Sodium	388	Sodium	1435	Sodium	1397	Sodium	446	Sodium	329
Fiber	11	Fiber	7	Fiber	15	Fiber	8	Fiber	14	Fiber	6	Fiber	10
Vitamin A	954	Vitamin A	155	Vitamin A	174	Vitamin A	117	Vitamin A	496	Vitamin A	226	Vitamin A	527

\*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 FROZEN NUTRITIONAL INFORMATION

**January 13 - 19**

## Meals on Wheels Menu



Monday, January 13, 2025		Tuesday, January 14, 2025		Wednesday, January 15, 2025		Thursday, January 16, 2025		Friday, January 17, 2025		Saturday, January 18, 2025		Sunday, January 19, 2025	
6 oz White Beans and Smoked Sausage	4 oz Brown Rice	4 oz Greens	1 Slice Wheat Bread	1 Eac Fruit	1 Each Snack	1 Each 2% Milk	6 oz Chicken and Rice Casserole	4 oz Italian Mixed Vegetables	4 oz Peas w/Onions	1 Slice Wheat Bread	4 oz Fruit	1 Each Snack	1 Eac 2% Milk
3 oz Baked Ham	4 oz Blackeyed Peas	4 oz Green Beans	1 Slice Wheat Bread	4 oz Fruit	1 Each Snack	1 Each 2% Milk	Each Smothered Pork	4 oz Sweet Potato Hash	4 oz Mixed Vegetables	Each Wheat Roll	Each Snack	Each 2% Milk	
Each Baked Chicken Leg	4 oz Green Peas	4 oz Dirty Rice	1 Slice Wheat Bread	1 Each Snack	1 Each 2% Milk		Each Salisbury Steak	1 oz Gravy	4 oz Yellow Squash	4 oz Steamed Rice	1 Slice Wheat Bread	1 Each 2% Milk	4 oz Turkey Spaghetti
4 oz Green Beans	4 oz Carrots	1 Slice Wheat Bread	1 Each 2% Milk										4 oz Green Beans
4 oz Carrots	1 Slice Wheat Bread	1 Each 2% Milk											4 oz Carrots
1 Slice Wheat Bread	1 Each 2% Milk												1 Slice Wheat Bread
1 Each 2% Milk													1 Each 2% Milk
<b>Calories</b>	<b>732</b>	<b>Calories</b>	<b>671</b>	<b>Calories</b>	<b>625</b>	<b>Calories</b>	<b>638</b>	<b>Calories</b>	<b>654</b>	<b>Calories</b>	<b>665</b>	<b>Calories</b>	<b>636</b>
<b>Protein</b>	<b>36</b>	<b>Protein</b>	<b>34</b>	<b>Protein</b>	<b>38</b>	<b>Protein</b>	<b>56</b>	<b>Protein</b>	<b>28</b>	<b>Protein</b>	<b>31</b>	<b>Protein</b>	<b>35</b>
<b>Fat</b>	<b>27%</b>	<b>Fat</b>	<b>18%</b>	<b>Fat</b>	<b>15%</b>	<b>Fat</b>	<b>14%</b>	<b>Fat</b>	<b>11%</b>	<b>Fat</b>	<b>24%</b>	<b>Fat</b>	<b>16%</b>
<b>Sodium</b>	<b>942</b>	<b>Sodium</b>	<b>763</b>	<b>Sodium</b>	<b>1449</b>	<b>Sodium</b>	<b>705</b>	<b>Sodium</b>	<b>746</b>	<b>Sodium</b>	<b>691</b>	<b>Sodium</b>	<b>748</b>
<b>Fiber</b>	<b>14</b>	<b>Fiber</b>	<b>10</b>	<b>Fiber</b>	<b>10</b>	<b>Fiber</b>	<b>10</b>	<b>Fiber</b>	<b>9</b>	<b>Fiber</b>	<b>4</b>	<b>Fiber</b>	<b>9</b>
<b>Vitamin A</b>	<b>920</b>	<b>Vitamin A</b>	<b>760</b>	<b>Vitamin A</b>	<b>190</b>	<b>Vitamin A</b>	<b>304</b>	<b>Vitamin A</b>	<b>133</b>	<b>Vitamin A</b>	<b>546</b>	<b>Vitamin A</b>	<b>189</b>

\*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 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 FROZEN NUTRITIONAL INFORMATION

**January 20 - 26**

## Meals on Wheels Menu



Monday, January 20, 2022	Tuesday, January 21, 2022	Wednesday, January 22, 2022	Thursday, January 23, 2022	Friday, January 24, 2022	Saturday, January 25, 2022	Sunday, January 26, 2022
6 oz Taco Casserole 4 oz Mixed Vegetables 1 Each Cornbread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	3 oz Baked Chicken 4 oz Rice Pilaf 4 oz Green Beans 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	6 oz Chili w/Beans 4 oz Broccoli 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	3 oz Grilled Chicken Bro 4 oz Mashed Potatoes 4 oz Mixed Vegetables 1 Each Wheat Roll 4 oz Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Smothered Chick 4 oz Rice 4 oz Prince Edward Blend Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Barbecue Pulled 4 oz Baked Beans 4 oz Sliced Carrots 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Pork Chop w/Gravy 4 oz Smothered Potatoes 4 oz California Mix Vegetables 1 Slice Wheat Bread 1 Each 2% Milk
Calories 685 Protein 26 Fat 25% Sodium 970 Fiber 9 Vitamin A 561	Calories 691 Protein 29 Fat 22% Sodium 605 Fiber 7 Vitamin A 243	Calories 669 Protein 35 Fat 21% Sodium 745 Fiber 14 Vitamin A 305	Calories 648 Protein 43 Fat 10% Sodium 513 Fiber 10 Vitamin A 150	Calories 683 Protein 34 Fat 27% Sodium 1245 Fiber 6 Vitamin A 808	Calories 652 Protein 33 Fat 15% Sodium 1564 Fiber 14 Vitamin A 994	Calories 628 Protein 48 Fat 20% Sodium 866 Fiber 7 Vitamin A 593

\*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 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 FROZEN NUTRITIONAL INFORMATION

### January 27 - February 2 Meals on Wheels Menu



Monday, January 27, 2025		Tuesday, January 28, 2025		Wednesday, January 29, 2025		Thursday, January 30, 2025		Friday, January 31, 2025		Saturday, February 1, 2025		Sunday, February 2, 2025	
4 oz Rice 4 oz Red Beans 4 oz Mixed Vegetables 1 Slice Wheat Bread 4 oz. Fruit 1 Each Snack 1 Each 2% Milk		3 oz Smothered Pork Chop 4 oz Rice Pilaf 4 oz Green Beans 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		3 oz Lemon Pepper Chicken 4 oz Rice Pilaf 4 oz Green Beans 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		6 oz Chicken Stew 4 oz Brown Rice 4 oz Broccoli 1 Each Wheat Roll 1 Each Snack 1 Each 2% Milk		1 Each Salisbury Steak 1 oz w/Gravy 4 oz Rice 4 oz Corn 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		3 oz Baked Ham 4 oz Sweet Potato Casserole 4 oz Seasoned Vegetables 1 Slice Wheat Bread 1 Each 2% Milk		6 oz Chicken Alfredo 4 oz Carrots 4 oz Green Peas 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	540	Calories	681	Calories	663	Calories	796	Calories	647	Calories	647	Calories	680
Protein	26	Protein	43	Protein	42	Protein	59	Protein	33	Protein	33	Protein	38
Fat	7%	Fat	16%	Fat	22%	Fat	27%	Fat	25%	Fat	26%	Fat	24%
Sodium	332	Sodium	585	Sodium	808	Sodium	1905	Sodium	691	Sodium	691	Sodium	1246
Fiber	16	Fiber	11	Fiber	7	Fiber	9	Fiber	5	Fiber	5	Fiber	12
Vitamin A	604	Vitamin A	829	Vitamin A	218	Vitamin A	781	Vitamin A	551	Vitamin A	551	Vitamin A	530

\*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 FROZEN NUTRITIONAL INFORMATION

**February 3 - 9**

## Meals on Wheels Menu



Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025	Saturday, February 8, 2025	Sunday, February 9, 2025
6 oz White Beans and Sausage 4 oz Brown Rice 4 oz Mustard Greens 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	3 oz Smothered Pork Chops 4 oz Rice Pilaf 4 oz Green Beans 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	1 Each Meatloaf 4 oz Mashed Potatoes 4 oz Mixed Vegetables 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	6 oz. Chicken Sausage Jambayla 4 oz Broccoli 1 Each Wheat Roll 1 Each Snack 1 Each 2% Milk	3 oz Baked Chicken 4 oz Macaroni and Cheese 4 oz Zucchini Squash 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Pot Roast 4 oz Parslied New Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk	3 oz. Smoked Sausage 4 oz. Pinto Beans 4 oz Brown Rice 4 oz Zucchini/Tomatoes 1 Slice Wheat Bread 1 Each 2% Milk
Calories 749 Protein 36 Fat 28% Sodium 1197 Fiber 13 Vitamin A 742	Calories 626 Protein 37 Fat 19% Sodium 713 Fiber 9 Vitamin A 107	Calories 720 Protein 39 Fat 29% Sodium 867 Fiber 10 Vitamin A 290	Calories 621 Protein 38 Fat 11% Sodium 1412 Fiber 8 Vitamin A 187	Calories 644 Protein 29 Fat 21% Sodium 866 Fiber 4 Vitamin A 625	Calories 646 Protein 33 Fat 26% Sodium 792 Fiber 7 Vitamin A 189	Calories 707 Protein 24 Fat 16% Sodium 1037 Fiber 10 Vitamin A 866

\*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 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 FROZEN NUTRITIONAL INFORMATION

### February 10 - 16



### Meals on Wheels Menu

Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025	Saturday, February 15, 2025	Sunday, February 16, 2025
3 oz Smothered Chicken 4 oz White Rice 4 oz White Beans 4 oz Greens 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	1 Each Pork Chop w/Gravy 4 oz Rice Pilaf 4 oz Green Beans 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	4 oz Chicken Alfredo 4 oz Brown Rice 4 oz Baby Carrots 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	1 Each Barbecue Chicken 4 oz Scalloped Potatoes 4 oz Okra 1 Each Wheat Roll 1 Each Snack 1 Each 2% Milk	3 oz. Sausage 4 oz Rice 4 oz Cauliflower 4 oz Okra 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Baked Fish 4 oz Mashed Potatoes 4 oz Broccoli Florets 1 Slice Wheat Bread 1 Each 2% Milk	4 oz Meat Sauce 4 oz Spaghetti 4 oz Italian Green Beans 4 oz Yellow Squash 1 Slice Wheat Bread 1 Each 2% Milk
Calories 672 Protein 40 Fat 18% Sodium 616 Fiber 13 Vitamin A 708	Calories 665 Protein 46 Fat 20% Sodium 533 Fiber 7 Vitamin A 155	Calories 659 Protein 28 Fat 10% Sodium 424 Fiber 8 Vitamin A 165	Calories 822 Protein 40 Fat 30% Sodium 1729 Fiber 7 Vitamin A 992	Calories 572 Protein 25 Fat 28% Sodium 1032 Fiber 7 Vitamin A 658	Calories 613 Protein 31 Fat 23% Sodium 526 Fiber 6 Vitamin A 833	Calories 668 Protein 29 Fat 16% Sodium 329 Fiber 10 Vitamin A 527

\*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 FROZEN NUTRITIONAL INFORMATION

**February 17 - 23**

## Meals on Wheels Menu



Monday, February 17, 2025		Tuesday, February 18, 2025		Wednesday, February 19, 2025		Thursday, February 20, 2025		Friday, February 21, 2025		Saturday, February 22, 2025		Sunday, February 23, 2025	
6 oz Red Beans and Smoked Sausage 4 oz Brown Rice 4 oz Greens 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		6 oz Chicken Spaghetti 4 oz Italian Mixed Vegetables 4 oz Peas w/Onions 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		3 oz Baked Ham 4 oz Blackeyed Peas 4 oz Green Beans 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		4 oz Rice 4 oz Chili Beans 4 oz Mixed Vegetables 1 Each Wheat Roll 1 Each Snack 1 Each 2% Milk		1 Each Salisbury Steak 4 oz Steamed Rice 4 oz Yellow Squash 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		3 oz Oven Fried Chicken 4 oz Mashed Potatoes 4 oz Green Peas 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		6 oz. Chicken Sausage Gumbo 4 oz Mashed Potatoes 4 oz Prince Edward Vegetables 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	677	Calories	629	Calories	625	Calories	468	Calories	655	Calories	569	Calories	646
Protein	32	Protein	43	Protein	38	Protein	25	Protein	31	Protein	31	Protein	47
Fat	25%	Fat	17%	Fat	15%	Fat	7%	Fat	24%	Fat	21%	Fat	13%
Sodium	846	Sodium	911	Sodium	1449	Sodium	332	Sodium	691	Sodium	552	Sodium	480
Fiber	15	Fiber	12	Fiber	10	Fiber	15	Fiber	4	Fiber	10	Fiber	5
Vitamin A	933	Vitamin A	650	Vitamin A	109	Vitamin A	600	Vitamin A	546	Vitamin A	287	Vitamin A	682

\*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 FROZEN NUTRITIONAL INFORMATION

### February 24 - March 2



### Meals on Wheels Menu

Monday, February 24, 2025	Tuesday, February 25, 2025	Wednesday, February 26, 2025	Thursday, February 27, 2025	Friday, February 28, 2025	Saturday, March 1, 2025	Sunday, March 2, 2025
4 oz Smothered Chicken 4 oz Rice Dressing 4 oz Mixed Vegetables 4 oz Fruit 1 Each Snack 1 Each 2% Milk	3 oz Chicken Alfredo 4 oz Wild Rice 4 oz Green Beans w/Pimentos 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	6 oz Chili w/Beans 4 oz Brown Rice 4 oz Broccoli 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	3 oz Grilled Chicken Breast 4 oz Pinto Beans 4 oz Rice 4 oz Fruit 1 Each Snack 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	3 oz Lemon Baked Fish 4 oz Scalloped Potatoes 4 oz Prince Edward Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Pork Chop w/Gravy 4 oz Mashed Sweet Potatoes 4 oz California Mixed Vegetables 1 Slice Wheat Bread 1 Each 2% Milk
<b>Calories</b> 552 <b>Protein</b> 34 <b>Fat</b> 18% <b>Sodium</b> 1014 <b>Fiber</b> 7 <b>Vitamin A</b> 513	<b>Calories</b> 681 <b>Protein</b> 47 <b>Fat</b> 18% <b>Sodium</b> 651 <b>Fiber</b> 14 <b>Vitamin A</b> 202	<b>Calories</b> 669 <b>Protein</b> 35 <b>Fat</b> 21% <b>Sodium</b> 745 <b>Fiber</b> 14 <b>Vitamin A</b> 305	<b>Calories</b> 606 <b>Protein</b> 44 <b>Fat</b> 12% <b>Sodium</b> 789 <b>Fiber</b> 10 <b>Vitamin A</b> 396	<b>Calories</b> 705 <b>Protein</b> 34 <b>Fat</b> 24% <b>Sodium</b> 1327 <b>Fiber</b> 14 <b>Vitamin A</b> 445	<b>Calories</b> 657 <b>Protein</b> 36 <b>Fat</b> 20% <b>Sodium</b> 730 <b>Fiber</b> 6 <b>Vitamin A</b> 908	<b>Calories</b> 639 <b>Protein</b> 45 <b>Fat</b> 14% <b>Sodium</b> 480 <b>Fiber</b> 7 <b>Vitamin A</b> 110

\*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 FROZEN NUTRITIONAL INFORMATION

### March 3 - 9



### Meals on Wheels Menu



Monday, March 3, 2025		Tuesday, March 4, 2025		Wednesday, March 5, 2025		Thursday, March 6, 2025		Friday, March 7, 2025		Saturday, March 8, 2025		Sunday, March 9, 2025	
4 oz Smoked Sausage 4 oz White Beans 4 oz Brown Rice 4 oz Mustard Greens 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		3 oz. Oven Fried Chicken 4 oz Brown Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		3 oz Lemon Dill Fish 4 oz Rice Pilaf 4 oz Green Beans 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		4 oz. Smothered Chicken 4 oz Brown Rice 4 oz Broccoli 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Lima Beans 4 oz Glazed Carrots 1 Slice Wheat Bread 4 oz Fruit 1 Each Brownie 1 Each 2% Milk		1 Each Baked Chicken Legs 4 oz Mashed Potatoes 4 oz Baby Carrots 1 Slice Wheat Bread 1 Each 2% Milk		6 oz Chicken and Sausage Spaghetti 4 oz Green Peas 4 oz Italian Mixed Vegetables 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	749	Calories	681	Calories	663	Calories	798	Calories	769	Calories	619	Calories	770
Protein	36	Protein	30	Protein	42	Protein	59	Protein	30	Protein	35	Protein	52
Fat	28%	Fat	21%	Fat	22%	Fat	27%	Fat	30%	Fat	9%	Fat	31%
Sodium	1197	Sodium	971	Sodium	808	Sodium	672	Sodium	1122	Sodium	446	Sodium	1319
Fiber	13	Fiber	9	Fiber	7	Fiber	9	Fiber	15	Fiber	6	Fiber	14
Vitamin A	742	Vitamin A	838	Vitamin A	218	Vitamin A	774	Vitamin A	324	Vitamin A	226	Vitamin A	865

\*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 FROZEN NUTRITIONAL INFORMATION

**March 10 - 16**

## Meals on Wheels Menu



Monday, March 10, 2025	Tuesday, March 11, 2025	Wednesday, March 12, 2025	Thursday, March 13, 2025	Friday, March 14, 2025	Saturday, March 15, 2025	Sunday, March 16, 2025
6 oz Red Beans w/Sausage 4 oz Brown Rice 4 oz Mustard Greens 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Eac 2% Milk	3 oz Italian Baked Chicken Legs 4 oz Mashed Potatoes 4 oz Italian Green Beans 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Eac 2% Milk	6 oz Chicken and Sausage Gumbo 4 oz Brown Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk	6 oz Beef Stew 4 oz Brown Rice 4 oz Field Peas w/Snaps 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Baked Fish 4 oz Mashed Potatoes 4 oz Squash 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Baked Ham 4 oz Parslied New Potatu 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Salisbury Steak 4 oz Brown Rice 4 oz Zucchini/Tomatoes 1 Slice Wheat Bread 1 Each 2% Milk
<b>Calories</b> 693 <b>Protein</b> 33 <b>Fat</b> 27% <b>Sodium</b> 1102 <b>Fiber</b> 14 <b>Vitamin A</b> 755	<b>Calories</b> 626 <b>Protein</b> 37 <b>Fat</b> 19% <b>Sodium</b> 713 <b>Fiber</b> 9 <b>Vitamin A</b> 107	<b>Calories</b> 853 <b>Protein</b> 34 <b>Fat</b> 42% <b>Sodium</b> 706 <b>Fiber</b> 11 <b>Vitamin A</b> 300	<b>Calories</b> 707 <b>Protein</b> 33 <b>Fat</b> 10% <b>Sodium</b> 474 <b>Fiber</b> 9 <b>Vitamin A</b> 556	<b>Calories</b> 605 <b>Protein</b> 29 <b>Fat</b> 12% <b>Sodium</b> 387 <b>Fiber</b> 5 <b>Vitamin A</b> 628	<b>Calories</b> 646 <b>Protein</b> 33 <b>Fat</b> 26% <b>Sodium</b> 792 <b>Fiber</b> 7 <b>Vitamin A</b> 189	<b>Calories</b> 697 <b>Protein</b> 32 <b>Fat</b> 25% <b>Sodium</b> 771 <b>Fiber</b> 6 <b>Vitamin A</b> 772

\*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 d 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 FROZEN NUTRITIONAL INFORMATION

**March 24 - 30**

## Meals on Wheels Menu



Monday, March 24, 2025		Tuesday, March 25, 2025		Wednesday, March 26, 2025		Thursday, March 27, 2025		Friday, March 28, 2025		Saturday, March 29, 2025		Sunday, March 30, 2025	
6 oz White Beans w/Smoked Sausage	4 oz Meatsauce	4 oz Spaghetti	3 oz Baked Ham	4 oz Blackeyed Peas	6 oz Smothered Sausage	4 oz Rice	3 oz Lemon Pepper Fish	4 oz Mashed Potatoes	Each Salisbury Steak	6 oz Chicken Alfredo	4 oz Greens	4 oz Mixed Vegetables	4 oz Green Peas
4 oz Brown Rice	4 oz Mixed Vegetables	4 oz Green Beans	4 oz Okra	4 oz Greens of Choice	4 oz Yellow Squash	1 Slice Wheat Bread	1 Slice Wheat Bread	1 Each Snack	1 Each 2% Milk	1 Slice Wheat Bread	1 Slice Wheat Bread	1 Each	1 Each
4 oz Greens	1 Slice Wheat Bread	1 Each Snack	4 oz. Fruit	1 Each Snack	1 Each 2% Milk	1 Each Snack	1 Each 2% Milk	1 Each 2% Milk					
1 Slice Wheat Bread	1 Each 2% Milk	1 Each 2% Milk	1 Each Snack	1 Each 2% Milk									
4 oz Fruit													
1 Each Snack													
1 Each 2% Milk													
<b>Calories</b>	<b>732</b>	<b>Calories</b>	<b>652</b>	<b>Calories</b>	<b>684</b>	<b>Calories</b>	<b>684</b>	<b>Calories</b>	<b>612</b>	<b>Calories</b>	<b>648</b>	<b>Calories</b>	<b>729</b>
<b>Protein</b>	<b>36</b>	<b>Protein</b>	<b>55</b>	<b>Protein</b>	<b>29</b>	<b>Protein</b>	<b>29</b>	<b>Protein</b>	<b>31</b>	<b>Protein</b>	<b>31</b>	<b>Protein</b>	<b>41</b>
<b>Fat</b>	<b>27%</b>	<b>Fat</b>	<b>10%</b>	<b>Fat</b>	<b>28%</b>	<b>Fat</b>	<b>28%</b>	<b>Fat</b>	<b>23%</b>	<b>Fat</b>	<b>24%</b>	<b>Fat</b>	<b>24%</b>
<b>Sodium</b>	<b>942</b>	<b>Sodium</b>	<b>519</b>	<b>Sodium</b>	<b>2657</b>	<b>Sodium</b>	<b>2657</b>	<b>Sodium</b>	<b>536</b>	<b>Sodium</b>	<b>600</b>	<b>Sodium</b>	<b>1238</b>
<b>Fiber</b>	<b>14</b>	<b>Fiber</b>	<b>8</b>	<b>Fiber</b>	<b>10</b>	<b>Fiber</b>	<b>10</b>	<b>Fiber</b>	<b>6</b>	<b>Fiber</b>	<b>4</b>	<b>Fiber</b>	<b>14</b>
<b>Vitamin A</b>	<b>920</b>	<b>Vitamin A</b>	<b>155</b>	<b>Vitamin A</b>	<b>395</b>	<b>Vitamin A</b>	<b>395</b>	<b>Vitamin A</b>	<b>466</b>	<b>Vitamin A</b>	<b>546</b>	<b>Vitamin A</b>	<b>397</b>

\*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 doctor's recommendation 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 FROZEN NUTRITIONAL INFORMATION

## March 17 - 23 Meals on Wheels Menu



Monday, March 17, 2025		Tuesday, March 18, 2025		Wednesday, March 19, 2025		Thursday, March 20, 2025		Friday, March 21, 2025		Saturday, March 22, 2025		Sunday, March 23, 2025	
6 oz Chicken Sausage Gumbo 4 oz White Rice 4 oz Spinach 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		1 Each Pork Chop w/Gravy 4 oz Rice Pilaf 4 oz Green Beans 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		3 oz. Smothered Pork 1 oz w/Onions and Peppers 4 oz Brown Rice 4 oz Baby Carrots 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		3 oz. Smothered Chicken 4 oz Rice 4 oz Okra 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		6 oz Shrimp Creole 4 oz Brown Rice 4 oz White Beans 4 oz Corn 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		3 oz. Barbequed Pulled Pork 4 oz Mashed Potatoes 4 oz Broccoli Florets 1 Slice Wheat Bread 1 Each 2% Milk		4 oz Meat Sauce 4 oz Spaghetti 4 oz Italian Green Beans 4 oz Yellow Squash 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	871	Calories	665	Calories	672	Calories	623	Calories	668	Calories	648	Calories	668
Protein	36	Protein	46	Protein	28	Protein	43	Protein	22	Protein	41	Protein	29
Fat	42%	Fat	20%	Fat	10%	Fat	11%	Fat	11%	Fat	22%	Fat	16%
Sodium	832	Sodium	533	Sodium	497	Sodium	1190	Sodium	836	Sodium	446	Sodium	329
Fiber	11	Fiber	7	Fiber	9	Fiber	7	Fiber	6	Fiber	6	Fiber	10
Vitamin A	954	Vitamin A	155	Vitamin A	415	Vitamin A	969	Vitamin A	957	Vitamin A	226	Vitamin A	527

\*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 FROZEN NUTRITIONAL INFORMATION

## March 24 - 30 Meals on Wheels Menu



Monday, March 24, 2025		Tuesday, March 25, 2025		Wednesday, March 26, 2025		Thursday, March 27, 2025		Friday, March 28, 2025		Saturday, March 29, 2025		Sunday, March 30, 2025	
6 oz White Beans w/Smoked Sausage 4 oz Brown Rice 4 oz Greens 1 Slice Wheat Bread 4 oz Fruit 1 Each Snack 1 Each 2% Milk		4 oz Meatsauce 4 oz Spaghetti 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		3 oz Baked Ham 4 oz Blackeyed Peas 4 oz Green Beans 1 Slice Wheat Bread 4 oz. Fruit 1 Each Snack 1 Each 2% Milk		6 oz Smothered Sausage 4 oz Rice 4 oz Okra 1 Slice Wheat Bread 4 oz. Fruit 1 Each Snack 1 Each 2% Milk		3 oz Lemon Pepper Fish 4 oz Mashed Potatoes 4 oz Greens of Choice 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		1 Each Salisbury Steak 4 oz Steamed Rice 4 oz Yellow Squash 1 Slice Wheat Bread 1 Each 2% Milk		6 oz Chicken Alfredo 4 oz Green Peas 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each	
Calories	732	Calories	652	Calories	684	Calories	684	Calories	612	Calories	648	Calories	729
Protein	36	Protein	55	Protein	29	Protein	29	Protein	31	Protein	31	Protein	41
Fat	27%	Fat	10%	Fat	28%	Fat	28%	Fat	23%	Fat	24%	Fat	24%
Sodium	942	Sodium	519	Sodium	2657	Sodium	2657	Sodium	536	Sodium	600	Sodium	1238
Fiber	14	Fiber	8	Fiber	10	Fiber	10	Fiber	6	Fiber	4	Fiber	14
Vitamin A	920	Vitamin A	155	Vitamin A	395	Vitamin A	395	Vitamin A	466	Vitamin A	546	Vitamin A	397

\*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.