

# EBRCOA CONGREGATE NUTRITIONAL INFORMATION

**March 31 - April 4**  
**Congregate Menu**



| Monday, March 31, 2025  | Tuesday, April 1, 2025  | Wednesday, April 9, 2025  | Thursday, April 10, 2025   | Friday, April 11, 2025   |
|---|---|---|--|--|
| 6oz Sausage and Chicken<br>Jambalya<br>4 oz White Beans<br>4 oz Parsnips Carrots<br>1 Slice Wheat Bread<br>1 Slice Lemon Cake<br>1 Each 2% Milk | 1 Each Grilled Chicken Salad<br>4 Each Crackers<br>2 Each Cookies<br>1 Each 2% Milk                                       | 3 oz Baked Pork Chop<br>4 oz Mashed Sweet Potatoes<br>4 oz Green Beans<br>1 Slice Wheat Bread<br>4 oz Apple Cobbler<br>1 Each 2% Milk | 1 Each Hamburger Steak<br>Gravy w/Onions & Peppers<br>4 oz Brown Rice<br>4 oz Mixed Vegetables<br>1 Slice Wheat Bread<br>4 oz Diced Pears<br>1 Piece Yellow Cake<br>1 Each 2% Milk | 1 Each Fish Patty<br>4 oz Lettuce / Tomatoes<br>4 oz Potatoe Wedges<br>4 oz Coleslaw<br>1 Each Wheat Bun<br>4 oz Peaches<br>1 Each 2% Milk |
| <b>Calories</b> 828<br><b>Protein</b> 32<br><b>Fat</b> 41%<br><b>Sodium</b> 1027<br><b>Fiber</b> 10<br><b>Vitamin A</b> 741                     | <b>Calories</b> 651<br><b>Protein</b> 44<br><b>Fat</b> 17%<br><b>Sodium</b> 869<br><b>Fiber</b> 8<br><b>Vitamin A</b> 454 | <b>Calories</b> 638<br><b>Protein</b> 29<br><b>Fat</b> 20%<br><b>Sodium</b> 817<br><b>Fiber</b> 11<br><b>Vitamin A</b> 548            | <b>Calories</b> 987<br><b>Protein</b> 36<br><b>Fat</b> 47%<br><b>Sodium</b> 1318<br><b>Fiber</b> 14<br><b>Vitamin A</b> 252  | <b>Calories</b> 657<br><b>Protein</b> 27<br><b>Fat</b> 16%<br><b>Sodium</b> 941<br><b>Fiber</b> 7<br><b>Vitamin A</b> 354                  |

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# EBRCOA CONGREGATE NUTRITIONAL INFORMATION

April 7 - 11

## Congregate Menu



| Monday, April 7, 2025   |      | Tuesday, April 8, 2025  |     | Wednesday, April 9, 2025  |     | Thursday, April 10, 2025   |      | Friday, April 11, 2025   |     |
|---|------|---|-----|---|-----|--|------|--|-----|
| 3 oz Chicken Alfredo<br>4 oz Italian Green Beans<br>4 oz Green Salad<br>1 Slice Garlic Bread<br>4 oz Baked Apples<br>1 Each 2% Milk |      | 3 oz Baked Chicken<br>4 oz Rice<br>4 oz Mixed Vegetables<br>1 Slice Wheat Bread<br>1 Each Fresh Fruit<br>1 Each 2% Milk |     | 1 Each Chef Salad w/Dressing<br>4 Each Crackers<br>4 oz Fresh Fruit<br>2 Each Peanut Butter Cookies<br>1 Each 2% Milk |     | 6 oz Red Beans w/Sausage<br>4 oz Brown Rice<br>1 Each Cornbread Muffin<br>4 oz Sliced Peaches<br>1 Piece Strawberry Cake<br>1 Each 2% Milk |      | 6 oz Shrimp Creole<br>4 oz Rice<br>4 oz Green Beans<br>4 oz Tropical Fruit<br>2 Each Cookies<br>1 Each 2% Milk |     |
| Calories  | 828  | Calories  | 638 | Calories  | 638 | Calories   | 987  | Calories   | 657 |
| Protein   | 32   | Protein   | 29  | Protein   | 29  | Protein  | 36   | Protein  | 27  |
| Fat   | 41%  | Fat   | 20% | Fat   | 20% | Fat  | 47%  | Fat  | 16% |
| Sodium  | 1027 | Sodium  | 817 | Sodium  | 817 | Sodium   | 1318 | Sodium   | 941 |
| Fiber   | 10   | Fiber   | 11  | Fiber   | 11  | Fiber  | 14   | Fiber  | 7   |
| Vitamin A   | 741  | Vitamin A   | 548 | Vitamin A   | 548 | Vitamin A  | 252  | Vitamin A  | 354 |

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## EBRCOA CONGREGATE NUTRITIONAL INFORMATION

**April 14 - 18**

### Congregate Menu



| Monday, April 14, 2025  | Tuesday, April 15, 2025   | Wednesday, April 16, 2025   | Thursday, April 17, 2025  | Friday, April 18, 2025 |
|---|---|---|---|------------------------|
| 3 oz Pork Cubes<br>4 oz w/Potatoes & Gravy<br>4 oz Rice<br>4 oz Green Beans<br>1 Each Apple Crisp<br>1 Each 2% Milk         | 4 oz Oven Fried Chicken<br>4 oz Baked Beans<br>4 oz Coleslaw<br>1 Slice Wheat Bread<br>4 oz Gelatin<br>1 Each 2% Milk       | 8 oz Cobb Salad<br>= w/ Dressing<br>4 oz Corn Salad<br>1 Each Breakstick<br>4 oz Four Layer Delight<br>1 Each 2% Milk       | 3 oz Fried Fish<br>4 oz Potato Salad<br>4 oz Green Peas<br>2 Each Hushpuppies<br>Piece Lemon Pie<br>1 Each 2% Milk          | GOOD FRIDAY            |
| <b>Calories</b> 623<br><b>Protein</b> 27<br><b>Fat</b> 25%<br><b>Sodium</b> 1048<br><b>Fiber</b> 11<br><b>Vitamin A</b> 116 | <b>Calories</b> 774<br><b>Protein</b> 47<br><b>Fat</b> 26%<br><b>Sodium</b> 1280<br><b>Fiber</b> 12<br><b>Vitamin A</b> 101 | <b>Calories</b> 774<br><b>Protein</b> 47<br><b>Fat</b> 26%<br><b>Sodium</b> 1280<br><b>Fiber</b> 12<br><b>Vitamin A</b> 101 | <b>Calories</b> 788<br><b>Protein</b> 38<br><b>Fat</b> 25%<br><b>Sodium</b> 1046<br><b>Fiber</b> 13<br><b>Vitamin A</b> 632 |                        |

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## EBRCOA CONGREGATE NUTRITIONAL INFORMATION



### April 21 - 25 Congregate Menu



| Monday, April 21, 2025   |      | Tuesday, April 22, 2025   |     | Wednesday, April 23, 2025   |      | Thursday, April 24, 2025  |      | Friday, April 25, 2025   |      |
|--|------|---|-----|---|------|---|------|--|------|
| 6 oz Red Beans and Sausage<br>4 oz Brown Rice<br>4 oz Collard Greens<br>1 Each Cornbread<br>1 Each Apple Crisp<br>1 Each 2% Milk |      | 2 Each Tacos<br>4 oz Lettuce, Cheese<br>4 oz Refried Beans<br>4 oz Spanish Rice<br>2 Each Cookies<br>1 Each 2% Milk |     | 3 oz. Barbecue Chicken<br>4 oz. Baked Beans<br>4 oz. Coleslaw<br>1 Slice Wheat Bread<br>1 Each Fresh Fruit<br>4 oz. Gelatin<br>1 Each 2% Milk |      | 1 Each Teriyaki Chicken<br>4 oz. Mashed Potatoes<br>4 oz. Mixed Vegetables<br>1 Slice Wheat Bread<br>1 Each Peach Crisp<br>1 Each 2% Milk |      | 1 Each Cheeseburger<br>4 oz. Roasted Potato Fries<br>4 oz. Coleslaw<br>1 Each Lettuce / Tomato<br>1 Each Wheat Bun<br>1 Each Brownie<br>1 Each 2% Milk |      |
| Calories   | 873  | Calories  | 675 | Calories  | 844  | Calories  | 658  | Calories   | 793  |
| Protein  | 36   | Protein   | 27  | Protein   | 38   | Protein   | 41   | Protein  | 35   |
| Fat  | 37%  | Fat   | 27% | Fat   | 29%  | Fat   | 9%   | Fat  | 27%  |
| Sodium   | 1240 | Sodium  | 826 | Sodium  | 1067 | Sodium  | 1021 | Sodium   | 1306 |
| Fiber  | 12   | Fiber   | 5   | Fiber   | 12   | Fiber   | 12   | Fiber  | 14   |
| Vitamin A  | 124  | Vitamin A   | 478 | Vitamin A   | 471  | Vitamin A   | 114  | Vitamin A  | 546  |

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# EBRCOA CONGREGATE NUTRITIONAL INFORMATION

**April 28 - May 2**  
**Congregate Menu**



| Monday, April 28, 2025   |     | Tuesday, April 29, 2025   |     | Wednesday, April 30, 2025   |      | Thursday, May 1, 2025   |      | Friday, May 2, 2025  |     |
|--|-----|---|-----|---|------|---|------|--|-----|
| 4 oz Spaghetti<br>4 oz Corn<br>4 oz Tossed Salad<br>1 Slice Garlic Bread<br>4 oz Applesauce<br>1 Piece Yellow Cake<br>1 Each 2% Milk |     | 1 Each Chef Salad<br>1 oz Potato Chips<br>4 oz Green Peas<br>1 Each Lettuce<br>1 Each Fruit<br>1 Each Brownie<br>1 Each 2% Milk |     | 1 Each Bourbon Chicken<br>Thighs<br>4 oz Scalloped Potatoes<br>4 oz California Blend<br>Vegetables<br>1 Slice Wheat Bread<br>1 Each Peach Crisp<br>1 Each 2% Milk |      | 6 oz Blackeyed Peas<br>w/Ham<br>4 oz Brown Rice<br>4 oz Collard Greens<br>1 Each Cornbread Muffin<br>1 Each Fruit<br>1 Each 2% Milk |      | 1 Each Smoked Sausage<br>PoBoy<br>4 oz Coleslaw<br>4 oz Lettuce / Tomatoes<br>2 Each Peanut Butter Cookies<br>1 Each Fruit<br>1 Each 2% Milk |     |
| Calories   | 730 | Calories  | 865 | Calories  | 779  | Calories  | 717  | Calories   | 687 |
| Protein  | 32  | Protein   | 38  | Protein   | 44   | Protein   | 40   | Protein  | 36  |
| Fat  | 24% | Fat   | 22% | Fat   | 27%  | Fat   | 25%  | Fat  | 29% |
| Sodium   | 904 | Sodium  | 817 | Sodium  | 1153 | Sodium  | 1844 | Sodium   | 798 |
| Fiber  | 11  | Fiber   | 15  | Fiber   | 10   | Fiber   | 28   | Fiber  | 15  |
| Vitamin A  | 588 | Vitamin A   | 807 | Vitamin A   | 881  | Vitamin A   | 905  | Vitamin A  | 337 |

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## EBRCOA CONGREGATE NUTRITIONAL INFORMATION

**May 5 - May 9**  
**Congregate Menu**



| Monday, May 5, 2025  | Tuesday, May 6, 2025  | Wednesday, May 7, 2025   | Thursday, May 8, 2025  | Friday, May 9, 2025  |
|--|---|--|--|--|
| 8 oz Field Peas w/Smoked Turkey Sausage<br>4 oz Brown Rice<br>4 oz Turnip Greens<br>1 Each Cornbread Muffin<br>4 oz Gelatin w/Fruit Cocktail<br>1 Each 2% Milk | Each Chicken Taco<br>4 oz Spanish Rice<br>4 oz. Refried Beans<br>4 oz Fruit Cocktail<br>1 Each Blonde Brownie<br>Each 2% Milk | 3 oz. Pork Cubes<br>4 oz Mashed Potatoes<br>4 oz Broccoli Florets<br>1 Slice Wheat Bread<br>Each Rice Krispy Treat<br>Each 2% Milk | Each Herb Roasted Chicken<br>4 oz Macaroni and Cheese<br>4 oz Flame Roasted Corn<br>1 Slice Wheat Bread<br>4 oz Banana Pudding<br>Each 2% Milk | Each Hot Dogs w/Chili and Cheese<br>1 oz Baked Potato Chips<br>4 oz Coleslaw<br>1 Each Fresh Fruit<br>Piece Lemon Cake<br>1 Each 2% Milk |
| <b>Calories</b> 664<br><b>Protein</b> 32<br><b>Fat</b> 23%<br><b>Sodium</b> 1464<br><b>Fiber</b> 6<br><b>Vitamin A</b> 863                                     | <b>Calories</b> 796<br><b>Protein</b> 33<br><b>Fat</b> 23%<br><b>Sodium</b> 1240<br><b>Fiber</b> 11<br><b>Vitamin A</b> 774   | <b>Calories</b> 652<br><b>Protein</b> 36<br><b>Fat</b> 22%<br><b>Sodium</b> 667<br><b>Fiber</b> 11<br><b>Vitamin A</b> 672         | <b>Calories</b> 858<br><b>Protein</b> 46<br><b>Fat</b> 18%<br><b>Sodium</b> 1078<br><b>Fiber</b> 10<br><b>Vitamin A</b> 807                    | <b>Calories</b> 897<br><b>Protein</b> 31<br><b>Fat</b> 24%<br><b>Sodium</b> 1456<br><b>Fiber</b> 17<br><b>Vitamin A</b> 340              |

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# EBRCOA CONGREGATE NUTRITIONAL INFORMATION

May 12 - 16

## Congregate Menu



| Monday, May 12, 2025   |     | Tuesday, May 13, 2025   |     | Wednesday, May 14, 2025  |     | Thursday, May 15, 2025   |     | Friday, May 16, 2025  |      |
|--|-----|---|-----|--|-----|--|-----|---|------|
| 6 oz Sausage Chicken Jambalaya<br>4 oz White Beans<br>4 oz Parslied Carrots<br>1 Slice Wheat Bread<br>1 Slice Lemon Cake<br>1 Each 2% Milk |     | Each Meatloaf w/Gravy, Peppers Onions<br>4 oz Brown Rice<br>4 oz Mixed Vegetables<br>1 Slic Wheat Bread<br>4 oz Diced Pears<br>1 Each 2% Milk |     | Each Baked Pork Chop<br>4 oz Mashed Sweet Potatoes<br>4 oz Green Beans<br>Slice Wheat Roll<br>4 oz Apple Cobbler<br>Each 2% Milk |     | 3 oz Jerk Chicken<br>4 oz Lima Beans<br>4 oz Brussel Sprouts<br>1 Slice Wheat Bread<br>2 Each Sugar Cookie<br>Each 2% Milk |     | 1 Each Turkey Sub Sandwich<br>4 oz Lettuce / Tomatoes<br>1 oz Chips<br>1 Slice Wheat Roll<br>4 oz Peaches<br>1 Each 2% Milk |      |
| Calories   | 897 | Calories  | 777 | Calories   | 684 | Calories   | 617 | Calories  | 698  |
| Protein  | 41  | Protein   | 34  | Protein  | 32  | Protein  | 33  | Protein   | 33   |
| Fat  | 25% | Fat   | 24% | Fat  | 24% | Fat  | 1   | Fat   | 28%  |
| Sodium   | 151 | Sodium  | 51  | Sodium   | 543 | Sodium   | 43  | Sodium  | 1118 |
| Fiber  | 17  | Fiber   | 13  | Fiber  | 8   | Fiber  | 9   | Fiber   | 9    |
| Vitamin A  | 587 | Vitamin A   | 45  | Vitamin A  | 85  | Vitamin A  | 78  | Vitamin A   | 487  |

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## EBRCOA CONGREGATE NUTRITIONAL INFORMATION

**May 19 - May 23**  
**Congregate Menu**



| Monday, May 19, 2025   | Tuesday, May 20, 2025  | Wednesday, May 21, 2025   | Thursday, May 22, 2025  | Friday, May 23, 2025   |
|--|--|---|---|--|
| 8 oz. Chicken Alfredo<br>4 oz Italian Green Beans<br>4 oz Green Salad<br>1 Slice Garlic Bread<br>4 oz Baked Apples<br>1 Each 2% Milk | 3 oz Baked Chicken<br>4 oz Brown Rice Pilaf<br>4 oz Vegetable Medley<br>1 Each Wheat Roll<br>4 oz Fruit Cocktail<br>2 Each Sugar Cookies<br>1 Each 2% Milk | 1 Each Chef Salad<br>4 oz Roasted Potatoes<br>1 Each Crackers<br>1 Each Fresh Fruit<br>2 Each Peanut Butter Cookies<br>1 Each 2% Milk | 6 oz Red Beans w/Sausage<br>4 oz Brown Rice<br>4 oz Greens<br>1 Slice Wheat Bread<br>4 oz Sliced Peaches<br>1 Piece Strawberry Cake<br>1 Each 2% Milk | 3 oz Chicken Salad<br>1 oz Baked Chips<br>1 Each Lettuce/Tomato<br>1 Each Fresh Fruit<br>4 oz Banana Pudding<br>1 Each 2% Milk |
| <b>Calories</b> 799<br><b>Protein</b> 33<br><b>Fat</b> 32%<br><b>Sodium</b> 1588<br><b>Fiber</b> 8<br><b>Vitamin A</b> 386           | <b>Calories</b> 753<br><b>Protein</b> 23<br><b>Fat</b> 22%<br><b>Sodium</b> 1169<br><b>Fiber</b> 8<br><b>Vitamin A</b> 415                                 | <b>Calories</b> 681<br><b>Protein</b> 30<br><b>Fat</b> 19%<br><b>Sodium</b> 941<br><b>Fiber</b> 7<br><b>Vitamin A</b> 465             | <b>Calories</b> 886<br><b>Protein</b> 37<br><b>Fat</b> 31%<br><b>Sodium</b> 1218<br><b>Fiber</b> 16<br><b>Vitamin A</b> 805                           | <b>Calories</b> 892<br><b>Protein</b> 35<br><b>Fat</b> 29%<br><b>Sodium</b> 1011<br><b>Fiber</b> 11<br><b>Vitamin A</b> 658    |

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# EBRCOA CONGREGATE NUTRITIONAL INFORMATION

**May 26 - May 30**  
**Congregate Menu**



| Monday, May 26, 2025 | Tuesday, May 27, 2025  | Wednesday, May 28, 2025  | Thursday, May 29, 2025  | Friday, May 30, 2025   |
|----------------------|--|--|---|--|
| <b>MEMORIAL DAY</b>  | 1 Each Smothered Pork Ch<br>w/Gravy<br>4 oz Brown Rice<br>4 oz Broccoli<br>1 Slice Wheat Bread<br>1 Each Rice Krispy Treat<br>1 Each 2% Milk | 4 oz BBQ Pulled Pork<br>Sandwich<br>4 oz Baked Beans<br>4 oz Coleslaw<br>1 Slice Wheat Bread<br>4 oz Gelatin<br>1 Each 2% Milk | 8 oz Spaghetti<br>and Meatballs<br>4 oz Squash<br>4 oz Italian Mix Vegetab<br>1 Each Wheat Roll<br>Piece Gingerbread Cake<br>1 Each 2% Milk | 1 Each Ham Sandwich<br>1 oz Potato Chips<br>4 oz Lettuce / Tomato<br>Slices Wheat Bread<br>1 Each Fresh Fruit Cup<br>1 Each Blonde Brownie<br>1 Each 2% Milk |
|                      | Calories 57<br>Protein 39<br>Fat 13<br>Sodium 51<br>Fiber 6<br>Vitamin A 93  | Calories 77<br>Protein 47<br>Fat 26<br>Sodium 121<br>Fiber 13<br>Vitamin A 338   | Calories 987<br>Protein 59<br>Fat 25<br>Sodium 1170<br>Fiber 14<br>Vitamin A 770  | Calories 85<br>Protein 33<br>Fat 28<br>Sodium 13<br>Fiber 9<br>Vitamin A 633   |

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# EBRCOA CONGREGATE NUTRITIONAL INFORMATION

## June 2 - June 6 Congregate Menu



| Monday, June 2, 2025  | Tuesday, June 3, 2025  | Wednesday, June 4, 2025   | Thursday, June 5, 2025  | Friday, June 6, 2025  |
|---|--|---|---|---|
| 4 oz Beef Sausage<br>1 oz Peppers and Onion<br>4 oz Pinto Beans<br>4 oz Rice<br>1 Slice Wheat Bread<br>2 Each Peanut Butter Cookies<br>1 Each 2% Milk | 1 Each Taco<br>4 oz Spanish Rice<br>4 oz Refried Beans<br>1 Each Peach Crisp<br>1 Each 2% Milk                             | 1 Each Pork Chop<br>4 oz Baked Beans<br>4 oz Coleslaw<br>1 Slice Wheat Bread<br>1 Each Fruit<br>4 oz. Gelatin<br>1 Each 2% Milk | 6 oz White Beans<br>w/Sausage<br>4 oz Brown Rice<br>4 oz Collard Greens<br>1 Each Cornbread<br>1 Each Apple Crisp<br>1 Each 2% Milk | 1 Each Cheeseburger<br>4 oz Roasted Potato Fries<br>4 oz Carrot/Raisin Salad<br>1 Each Lettuce/Tomato<br>1 Each Wheat Bun<br>1 Each Fresh Fruit<br>1 Each Brownie<br>1 Each 2% Milk |
| <b>Calories</b> 852<br><b>Protein</b> 34<br><b>Fat</b> 34%<br><b>Sodium</b> 1597<br><b>Fiber</b> 10<br><b>Vitamin A</b> 858                           | <b>Calories</b> 725<br><b>Protein</b> 51<br><b>Fat</b> 13%<br><b>Sodium</b> 735<br><b>Fiber</b> 13<br><b>Vitamin A</b> 461 | <b>Calories</b> 696<br><b>Protein</b> 41<br><b>Fat</b> 25%<br><b>Sodium</b> 967<br><b>Fiber</b> 12<br><b>Vitamin A</b> 471      | <b>Calories</b> 729<br><b>Protein</b> 40<br><b>Fat</b> 27%<br><b>Sodium</b> 1153<br><b>Fiber</b> 14<br><b>Vitamin A</b> 475         | <b>Calories</b> 920<br><b>Protein</b> 39<br><b>Fat</b> 35%<br><b>Sodium</b> 1322<br><b>Fiber</b> 11<br><b>Vitamin A</b> 458   |

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## EBRCOA CONGREGATE NUTRITIONAL INFORMATION

**June 9 - June 13**  
**Congregate Menu**



| Monday, June 9, 2025  | Tuesday, June 10, 2025   | Wednesday, June 11, 2025   | Thursday, June 12, 2025  | Friday, June 13, 2025  |
|---|--|--|--|--|
| 4 oz Red Beans<br>w/Sausage<br>4 oz Brown Rice<br>4 oz Collard Greens<br>1 Each Cornbread<br>1 Each Fresh Fruit<br>1 Each 2% Milk | 1 Each Oven Roasted Chicken<br>4 oz Tossed Salad<br>4 oz California Blend Vegetables<br>4 oz Peach Crisp<br>1 Each 2% Milk | 1 Each Salisbury Steak<br>4 oz Mashed Potatoes<br>4 oz Green Beans w/Pearl Onions<br>1 Slice Wheat Bread<br>4 oz Applesauce<br>1 Piece Yellow Cake<br>1 Each 2% Milk | 8 oz Spaghetti w/Meat Sauce<br>4 oz Italian Mixed Vegetables<br>4 oz Squash<br>1 Each Wheat Roll<br>1 Piece Chocolate Cake<br>1 Each 2% Milk | 1 Each Sloppy Joes w/ Cheese<br>1 oz Potato Chips<br>4 oz Coleslaw<br>1 Each Wheat Bun<br>4 oz Fruit Cocktail<br>1 Each Blonde Brownie<br>1 Each 2% Milk |
| <b>Calories</b> 783<br><b>Protein</b> 65<br><b>Fat</b> 35%<br><b>Sodium</b> 1044<br><b>Fiber</b> 15<br><b>Vitamin A</b> 902       | <b>Calories</b> 747<br><b>Protein</b> 42<br><b>Fat</b> 29%<br><b>Sodium</b> 1037<br><b>Fiber</b> 8<br><b>Vitamin A</b> 189 | <b>Calories</b> 652<br><b>Protein</b> 36<br><b>Fat</b> 22%<br><b>Sodium</b> 667<br><b>Fiber</b> 11<br><b>Vitamin A</b> 672   | <b>Calories</b> 718<br><b>Protein</b> 31<br><b>Fat</b> 20%<br><b>Sodium</b> 472<br><b>Fiber</b> 10<br><b>Vitamin A</b> 514                   | <b>Calories</b> 711<br><b>Protein</b> 41<br><b>Fat</b> 11%<br><b>Sodium</b> 511<br><b>Fiber</b> 7<br><b>Vitamin A</b> 490                                |

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# EBRCOA CONGREGATE NUTRITIONAL INFORMATION

June 16 - 20

## Congregate Menu



| Monday, June 16, 2025  | Tuesday, June 17, 2025   | Wednesday, June 18, 2025  | Thursday, June 19, 2025   | Friday, June 20, 2025  |
|--|--|---|---|--|
| 6 oz White Beans w/Smoked Turkey Sausage<br>4 oz Brown Rice<br>4 oz Turnip Greens<br>1 Each Cornbread<br>4 oz Gelatin w/Fruit Cocktail<br>1 Each 2% Milk | 1 Each Taco<br>4 oz. Spanish Rice<br>4 oz Refried Beans<br>4 oz Fruit Cocktail<br>1 Each Blonde Brownie<br>Each 2% Milk                              | 1 Each Meatloaf<br>4 oz Mashed Potatoes<br>4 oz Broccoli Florets<br>1 Slice Wheat Bread<br>1 Each Rice Krispy Treat<br>1 Each 2% Milk             | 3 oz Herb Roasted Chicken<br>4 oz Macaroni and Cheese<br>4 oz Flame Roasted Corn<br>1 Slice Wheat Bread<br>4 oz Banana Pudding<br>1 Each 2% Milk    | 1 Each Chicken Sandwich<br>1 oz Potato Chips<br>4 oz Carrots<br>Slices Wheat Bread<br>1 Each Fresh Fruit<br>1 Each 2% Milk                         |
| <b>Calories</b> 833<br><b>Protein</b> 43<br><b>Fat</b> 27%<br><b>Sodium</b> 1498<br><b>Fiber</b> 12<br><b>Vitamin A</b> 863<br><b>Vitamin A</b> 741      | <b>Calories</b> 1081<br><b>Protein</b> 54<br><b>Fat</b> 40%<br><b>Sodium</b> 2377<br><b>Fiber</b> 13<br><b>Vitamin A</b> 804<br><b>Vitamin A</b> 454 | <b>Calories</b> 574<br><b>Protein</b> 35<br><b>Fat</b> 20%<br><b>Sodium</b> 824<br><b>Fiber</b> 7<br><b>Vitamin A</b> 634<br><b>Vitamin A</b> 548 | <b>Calories</b> 858<br><b>Protein</b> 46<br><b>Fat</b> 18%<br><b>Sodium</b> 1038<br><b>Fiber</b> 10<br><b>Vitamin A</b> 102<br><b>Vitamin A</b> 252 | <b>Calories</b> 777<br><b>Protein</b> 34<br><b>Fat</b> 30%<br><b>Sodium</b> 1057<br><b>Fiber</b> 9<br><b>Vitamin A</b> 398<br><b>Vitamin A</b> 354 |

\*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 diagnosed 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  
 \*Menu items subject to change due to availability.



# EBRCOA CONGREGATE NUTRITIONAL INFORMATION

June 23 - 27

## Congregate Menu



| Monday, June 23, 2025  | Tuesday, June 24, 2025   | Wednesday, June 25, 2025  | Thursday, June 26, 2025   | Friday, June 27, 2025   |
|--|--|---|---|---|
| 3 oz Chicken Alfredo<br>4 oz Italian Green Beans<br>4 oz Green Salad<br>1 Slice Garlic Bread<br>4 oz Baked Apples<br>1 Each 2% Milk                | 1 Each Pork Chop<br>4 oz Mashed Sweet Potatoes<br>4 oz Green Beans<br>1 Slice Wheat Bread<br>4 oz Apple Cobbler<br>1 Each 2% Milk                  | 3 oz Bourbon Chicken<br>4 oz Mashed Potatoes<br>4 oz Brussels Sprouts<br>1 Each Wheat Roll<br>4 oz Fruit Cocktail<br>2 Each Sugar Cookies<br>1 Each 2% Milk | 6 oz Sausage Chicken Jambayala<br>4 oz White Beans<br>4 oz Parslaid Carrots<br>1 Slice Wheat Bread<br>Piece Strawberry Cake<br>1 Each 2% Milk       | 1 Each Tuna Salad Sandwich<br>1 oz Baked Chips<br>1 Each Lettuce/Tomato<br>4 oz Tropical Fruit<br>2 Each Peanut Butter Cookies<br>1 Each 2% Milk    |
| <b>Calories</b> 799<br><b>Protein</b> 33<br><b>Fat</b> 32%<br><b>Sodium</b> 1588<br><b>Fiber</b> 8<br><b>Vitamin A</b> 386<br><b>Vitamin A</b> 741 | <b>Calories</b> 651<br><b>Protein</b> 32<br><b>Fat</b> 24%<br><b>Sodium</b> 2009<br><b>Fiber</b> 9<br><b>Vitamin A</b> 206<br><b>Vitamin A</b> 454 | <b>Calories</b> 917<br><b>Protein</b> 46<br><b>Fat</b> 24%<br><b>Sodium</b> 2009<br><b>Fiber</b> 9<br><b>Vitamin A</b> 206<br><b>Vitamin A</b> 548          | <b>Calories</b> 956<br><b>Protein</b> 44<br><b>Fat</b> 33%<br><b>Sodium</b> 1462<br><b>Fiber</b> 16<br><b>Vitamin A</b> 816<br><b>Vitamin A</b> 252 | <b>Calories</b> 886<br><b>Protein</b> 34<br><b>Fat</b> 28%<br><b>Sodium</b> 1011<br><b>Fiber</b> 11<br><b>Vitamin A</b> 658<br><b>Vitamin A</b> 354 |

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\*Menu items subject to change due to availability.