

EBRCOA FROZEN NUTRITIONAL INFORMATION

March 31 - April 6 Meals on Wheels Menu



Monday, March 31, 2025		Tuesday, April 1, 2025		Wednesday, April 2, 2025		Thursday, April 3, 2025		Friday, April 4, 2025		Saturday, April 5, 2025		Sunday, April 6, 2025	
6 oz Sausage and Chicken Jambalaya	4 oz White Beans	4 oz Parslied Carrots	1 Slice Wheat Bread	Each Fresh Fruit	Each Snack	1 Eac 2% Milk							
3 oz Bourbon Chicken	4 oz Wild Rice	4 oz Brussel Sprouts	1 Slice Wheat Bread	Each Fresh Fruit	Each Snack	1 Eac 2% Milk							
3 oz Smothered Pork Chops	4 oz Mashed Potatoes	4 oz Green Beans	1 Slice Wheat Bread	Each Snack	Each 2% Milk								
Each Hamburger Steak	1 oz Gravy w/Onions and Peppers	4 oz Brown Rice	4 oz Mixed Vegetables	1 Slice Wheat Bread	1 Each Fresh Fruit	1 Each Snack	1 Each 2% Milk						
4 oz Shrimp Creole	4 oz Rice	4 oz Chuckwagon Corn	1 Slice Wheat Bread	Each Fresh Fruit	Each 2% Milk								
1 Each Lemon Pepper Chicken Breast	4 oz Roasted New Potatoes	4 oz Italian Green Beans	1 Slice Wheat Bread	1 Each 2% Milk									
3 oz Beef Tips	4 oz Roasted Potatoes	4 oz Italian Green Beans	1 Slice Wheat Bread	1 Each 2% Milk									
Calories	800	Calories	681	Calories	701	Calories	723	Calories	648	Calories	400	Calories	683
Protein	42	Protein	39	Protein	39	Protein	34	Protein	36	Protein	36	Protein	39
Fat	24%	Fat	14%	Fat	15%	Fat	25%	Fat	18%	Fat	5%	Fat	24%
Sodium	1276	Sodium	387	Sodium	465	Sodium	553	Sodium	732	Sodium	336	Sodium	867
Fiber	16	Fiber	7	Fiber	7	Fiber	13	Fiber	12	Fiber	6	Fiber	9
Vitamin A	444	Vitamin A	416	Vitamin A	357	Vitamin A	453	Vitamin A	857	Vitamin A	225	Vitamin A	206

*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

April 7 - 13 Meals on Wheels Menu



Monday, April 7, 2025		Tuesday, April 8, 2025		Wednesday, April 9, 2025		Thursday, April 10, 2025		Friday, April 11, 2025		Saturday, April 12, 2025		Sunday, April 13, 2025	
4 oz Sausage and Red Beans		3 oz Jerk Chicken		1 Each Swiss Steak		8 oz Meatballs w/Spaghetti		6 oz Tuna Casserole		6 oz Chicken Alfredo		3 oz. Smothered Chicken	
4 oz Brown Rice		4 oz Rice		1 oz Mushrooms		4 oz Italian Green Beans		4 oz Cheesy Cauliflower		4 oz Italian Green Beans		4 oz. Brown Rice	
4 oz Broccoli Florettes		4 oz Peas		4 oz Mashed Potatoes		4 oz Corn		1 Slice Wheat Bread		4 oz Broccoli		1 oz. Gravy	
1 Slice Wheat Bread		1 Slice Wheat Bread		1 oz Brown Gravy		1 Slice Wheat Bread		1 Each Fresh Fruit		1 Slice Wheat Bread		4 oz. Carrots	
1 Each Fresh Fruit		1 Each Fresh Fruit		4 oz California Mix Vegetables		1 Each Fresh Fruit		1 Each Snack		1 Each 2% Milk		1 Slice Wheat Bread	
1 Each Snack		1 Each Snack		1 Slice Wheat Bread		1 Each Snack		1 Each 2% Milk				1 Each 2% Milk	
1 Each 2% Milk		1 Each 2% Milk		1 Each Fresh Fruit		1 Each 2% Milk							
				1 Each Snack									
				1 Each 2% Milk									
Calories	681	Calories	781	Calories	871	Calories	799	Calories	1083	Calories	791	Calories	633
Protein	26	Protein	26	Protein	37	Protein	37	Protein	43	Protein	36	Protein	41
Fat	4%	Fat	13%	Fat	32%	Fat	20%	Fat	24%	Fat	19%	Fat	9%
Sodium	440	Sodium	668	Sodium	852	Sodium	409	Sodium	1339	Sodium	1189	Sodium	807
Fiber	14	Fiber	6	Fiber	13	Fiber	13	Fiber	18	Fiber	8	Fiber	9
Vitamin A	431	Vitamin A	212	Vitamin A	490	Vitamin A	204	Vitamin A	149	Vitamin A	536	Vitamin A	564

*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.

EBRCOA FROZEN NUTRITIONAL INFORMATION

April 14 - 20

Meals on Wheels Menu



Monday, April 14, 2025	Tuesday, April 15, 2025	Wednesday, April 16, 2025	Thursday, April 17, 2025	Friday, April 18, 2025	Saturday, April 19, 2025	Sunday, April 20, 2025
3 oz Grilled Chicken 4 oz Wild Rice 4 oz Whole Green Beans 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Grilled Steak Strip 4 oz Rice 4 oz Squash 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	4 oz Smoked Sausage 4 oz White Beans 4 oz Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	4 oz BBQ Pulled Pork 4 oz Baked Beans 4 oz Buttered Corn 1 Slice Wheat Bread 1 Piece Lemon Pie 1 Each 2% Milk	3 oz Baked Fish w/ Tomatoes/Onions 4 oz Lima Beans 4 oz Brown Rice 4 oz Green Beans 1 Each Fresh Fruit Cup 1 Each Blonde Brownie 1 Each 2% Milk	1 Each Teriyaki Baked Chicken Leg 4 oz Stir Fry Rice 4 oz Brussel Sprouts 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Bourbon Chicken 4 oz Roasted New Potato 4 oz Field Peas w/Snaps 1 Slice Wheat Bread 1 Each 2% Milk
Calories 698 Protein 40 Fat 19% Sodium 1109 Fiber 6 Vitamin A 260	Calories 790 Protein 33 Fat 24% Sodium 931 Fiber 10 Vitamin A 473	Calories 788 Protein 38 Fat 25% Sodium 1046 Fiber 13 Vitamin A 632	Calories 923 Protein 28 Fat 32% Sodium 1280 Fiber 12 Vitamin A 101	Calories 678 Protein 23 Fat 15% Sodium 751 Fiber 9 Vitamin A 505	Calories 751 Protein 28 Fat 9% Sodium 707 Fiber 8 Vitamin A 347	Calories 647 Protein 40 Fat 25% Sodium 941 Fiber 10 Vitamin A 355

*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 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

April 21 - 27 Meals on Wheels Menu



Monday, April 21, 2025		Tuesday, April 22, 2025		Wednesday, April 23, 2025		Thursday, April 24, 2025		Friday, April 25, 2025		Saturday, April 26, 2025		Sunday, April 27, 2025	
8 oz White Beans and Ham		3 oz Sausage 4 oz Steamed Rice		3 oz Teriyaki Baked Chicken		3 oz Barbecue Pork 4 oz New Potatoes		8 oz Pork Stir Fry 4 oz Broccoli		6 oz Grilled Chicken 1 oz Gravy		1 Each Rosemary Pork Lo	
4 oz Brown Rice		4 oz Stewed Okra and Tomatoes		4 oz Fried Brown Rice		4 oz Capri Mixed Vegetables		4 oz Mixed Vegetables		4 oz Rice		4 oz Creamed Spinach	
4 oz Collard Greens				4 oz Copper Penny Carrots				1 Slice Wheat Bread		4 oz Seasoned Broccoli		Slice Wheat Bread	
1 Slice Wheat Bread		1 Slice Wheat Bread		1 Slice Wheat Bread		1 Slice Wheat Bread		1 Each Fresh Fruit		1 Slice Wheat Bread		1 Each 2% Milk	
1 Each Snack		1 Each Fresh Fruit		1 Each Fresh Fruit		1 Each Snack		1 Each Snack		1 Each Fresh Fruit			
1 Each 2% Milk		1 Each Snack		1 Each Snack		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	751	Calories	808	Calories	1035	Calories	661	Calories	838	Calories	523	Calories	766
Protein	50	Protein	36	Protein	41	Protein	35	Protein	35	Protein	41	Protein	43
Fat	16%	Fat	22%	Fat	25%	Fat	27%	Fat	27%	Fat	6%	Fat	8%
Sodium	1349	Sodium	1031	Sodium	115	Sodium	1026	Sodium	1056	Sodium	1054	Sodium	436
Fiber	14	Fiber	15	Fiber	11	Fiber	15	Fiber	15	Fiber	6	Fiber	7
Vitamin A	812	Vitamin A	716	Vitamin A	476	Vitamin A	641	Vitamin A	641	Vitamin A	463	Vitamin A	519

*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.



EBRCOA FROZEN NUTRITIONAL INFORMATION

April 28 - May 4, 2024
Meals on Wheels Menu



Monday, April 28, 2025		Tuesday, April 29, 2025		Wednesday, April 30, 2025		Thursday, May 1, 2025		Friday, May 2, 2025		Saturday, May 3, 2025		Sunday, May 4, 2025	
4 oz Beef Sausage		Each Chicken Breast		6 oz Chili w/Beans		6 oz Sausage Chicken		3 oz Grilled Chicken		3 oz Hamburger Steak		8 oz Sausage and Red	
4 oz. Pinto Beans		1 oz w/Orange Glaze		4 oz Brown Rice		Jambayala		4 oz Penne Pasta w/Parsley		w/ Red Gravy		Beans	
4 oz. Rice		4 oz Scallped Potatoes		4 oz Greens		4 oz White Beans		4 oz Zucchini		4 oz Rice		4 oz Cabbage	
4 oz. Green Beans		4 oz Oriental Blend		1 Slice Wheat Bread		4 oz Green Peas		1 Slice Wheat Bread		4 oz Broccoli		1 Slice Wheat Bread	
1 Slice Wheat Bread		1 Slice Wheat Bread		1 Each Fresh Fruit		1 Slice Wheat Bread		1 Each Fresh Fruit		4 oz Yellow Squash		1 Each Snack	
1 Each Fresh Fruit		1 Each Fresh Fruit		1 Each Snack		1 Each Snack		1 Each Snack		1 Slice Wheat Bread		1 Each 2% Milk	
1 Each Snack		1 Each Snack		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	1096	Calories	678	Calories	721	Calories	826	Calories	684	Calories	719	Calories	699
Protein	42	Protein	41	Protein	35	Protein	46	Protein	36	Protein	34	Protein	33
Fat	44%	Fat	10%	Fat	16%	Fat	23%	Fat	16%	Fat	17%	Fat	17%
Sodium	1954	Sodium	909	Sodium	902	Sodium	1165	Sodium	661	Sodium	649	Sodium	446
Fiber	15	Fiber	11	Fiber	16	Fiber	18	Fiber	9	Fiber	9	Fiber	7
Vitamin A	105	Vitamin A	292	Vitamin A	347	Vitamin A	999	Vitamin A	337	Vitamin A	796	Vitamin A	580

*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 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

May 5 - 11, 2024
Meals on Wheels Menu



Monday, May 5, 2025		Tuesday, May 6, 2025		Wednesday, May 7, 2025		Thursday, May 8, 2025		Friday, May 9, 2025		Saturday, May 10, 2025		Sunday, May 11, 2025	
4 oz Pork Rib Tips		1 Each Herb Roasted Chicken		3 oz BBQ Pulled Pork		8 oz Chicken Pasta		1 Each Bourbon Chicken		1 Each Salisbury Steak		1 Each Braised Boneless	
4 oz Baked Beans		4 oz Macaroni and Cheese		4 oz BBQ Potatoes		4 oz Italian Vegetables		4 oz Dirty Rice		1 oz w/Mushroom Gravy		Thigh	
4 oz Mustard Greens		4 oz Flame Roasted		4 oz Green Beans		4 oz Squash		4 oz Green Beans		4 oz Mashed Potatoes		4 oz Scalloped Potatoes	
1 Slice Wheat Bread		Vegetables		1 Slice Wheat Bread		1 Slice Wheat Bread		1 Slice Wheat Bread		4 oz Broccoli Florets		4 oz Field Peas w/Snap	
1 Each Fresh Fruit		1 Slice Wheat Bread		1 Each 2% Milk		1 Each Snack		1 Each Fresh Fruit		1 Slice Wheat Bread		1 Slice Wheat Bread	
1 Each Snack		1 Each Fresh Fruit				1 Each 2% Milk		1 Each Snack		1 Each 2% Milk		1 Each 2% Milk	
1 Each 2% Milk		1 Each Snack						1 Each 2% Milk					
		1 Each 2% Milk											
Calories	909	Calories	1101	Calories	681	Calories	718	Calories	664	Calories	649	Calories	693
Protein	42	Protein	46	Protein	40	Protein	31	Protein	49	Protein	35	Protein	40
Fat	25%	Fat	26%	Fat	23%	Fat	20%	Fat	14%	Fat	22%	Fat	24%
Sodium	1656	Sodium	1209	Sodium	901	Sodium	492	Sodium	951	Sodium	685	Sodium	854
Fiber	17	Fiber	13	Fiber	10	Fiber	9	Fiber	8	Fiber	10	Fiber	7
Vitamin A	340	Vitamin A	682	Vitamin A	915	Vitamin A	514	Vitamin A	905	Vitamin A	672	Vitamin A	587

*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 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

May 12 - 18, 2024
Meals on Wheels Menu



Monday, May 12, 2025	Tuesday, May 13, 2025	Wednesday, May 14, 2025	Thursday, May 15, 2025	Friday, May 16, 2025	Saturday, May 17, 2025	Sunday, May 18, 2025
6 oz. Sausage Chicken Jambalaya 4 oz White Beans 4 oz Parslied Carrots 1 Slic Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Baked Chicken 4 oz. Field Peas and Ok 4 oz Brussel Sprouts Slice Wheat Bread Each Fresh Fruit Each Snack Each 2% Milk	Each Hamburger Steak 4 oz. Mashed Potatoes 4 oz. Green Beans Slice Wheat Bread Each Fresh Fruit Each Snack Each 2% Milk	3 oz. Smothered Pork Ch 4 oz. Mashed Potatoes 4 oz. Green Beans Slice Wheat Bread Each Snack Each 2% Milk	4 oz. Chili w/Beans 4 oz. Rice 4 oz. Chuckwagon Corn Slice Wheat Bread Each 2% Milk	4 oz. Lemon Pepper Chicken Breast 4 oz. Rice 4 oz. Italian Green Bean Slice Wheat Bread Each Snack Each 2% Milk	6 oz. Spaghetti w/ Meatsauce 4 oz. Mixed Vegetables 4 oz. Cauliflower Slice Wheat Bread Each Snack Each 2% Milk
Calories 800 Protein 42 Fat 25% Sodium 1276 Fiber 17 Vitamin A 444	Calories 675 Protein 29 Fat 7% Sodium 324 Fiber 10 Vitamin A 501	Calories 641 Protein 39 Fat 15% Sodium 465 Fiber 7 Vitamin A 357	Calories 675 Protein 31 Fat 21% Sodium 681 Fiber 11 Vitamin A 437	Calories 648 Protein 36 Fat 18% Sodium 732 Fiber 12 Vitamin A 857	Calories 680 Protein 36 Fat 5% Sodium 306 Fiber 6 Vitamin A 148	Calories 653 Protein 47 Fat 6% Sodium 585 Fiber 14 Vitamin A 880

*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 Pressur 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

May 19 - 25, 2024

Meals on Wheels Menu



Monday, May 19, 2025	Tuesday, May 20, 2025	Wednesday, May 21, 2025	Thursday, May 22, 2025	Friday, May 23, 2025	Saturday, May 24, 2025	Sunday, May 25, 2025
4 oz Smoked Sausage 4 oz Lima Beans 4 oz Brown Rice 4 oz Greens 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	6 oz Smoked Turkey 4 oz Pinto Beans 4 oz Rice 4 oz Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Hamburger Steak 4 oz Mashed Potatoes 4 oz California Mix Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	8 oz Chicken Spaghetti 4 oz Italian Green Beans 4 oz Corn 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	4 oz Baked Pork Chops 4 oz Baked Beans 4 oz Cheesy Cauliflower 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Baked Chicken 4 oz Mashed Sweet Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Parmesan Chicken 4 oz. Rice Pilaf 4 oz. Yellow Squash 4 oz. Green Peas 1 Slice Wheat Bread 1 Each 2% Milk
Calories 790 Protein 48 Fat 22% Sodium 906 Fiber 16 Vitamin A 843	Calories 752 Protein 44 Fat 16% Sodium 1065 Fiber 13 Vitamin A 292	Calories 760 Protein 35 Fat 22% Sodium 728 Fiber 13 Vitamin A 503	Calories 799 Protein 37 Fat 20% Sodium 430 Fiber 12 Vitamin A 304	Calories 1034 Protein 54 Fat 27% Sodium 1537 Fiber 17 Vitamin A 928	Calories 767 Protein 24 Fat 5% Sodium 296 Fiber 7 Vitamin A 888	Calories 727 Protein 17 Fat 10% Sodium 662 Fiber 10 Vitamin A 922

*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 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

May 26 - June 1, 2024
Meals on Wheels Menu



Monday, May 26, 2025	Tuesday, May 27, 2025	Wednesday, May 28, 2025	Thursday, May 29, 2025	Friday, May 30, 2025	Saturday, May 31, 2025	Sunday, June 1, 2025
6 oz. White Beans and Sausage 4 oz. Brown Rice 4 oz Collard Greens 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	Each Barbecue Patty 4 oz. Baked Beans 4 oz. Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Teriyaki Baked Chicken 4 oz. Fried Brown Rice 4 oz. Copper Penny Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Pork Cubes 4 oz. New Potatoes 4 oz. Capri Mixed Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz. Smoked Sausage 4 oz. Speckled Butter Beans 4 oz. Oriental Blend Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	6 oz. Grilled Chicken 1 oz w/Gravy 4 oz. Rice 4 oz. Seasoned Broccoli 4 oz. Zucchini Medley 1 Slice Wheat Bread 1 Each 2% Milk	4 oz. BBQ Pulled Pork 4 oz. Baked Beans 4 oz. Creamed Spinach 1 Slice Wheat Bread 1 Each 2% Milk
Calories 826 Protein 39 Fat 28% Sodium 1055 Fiber 14 Vitamin A 775	Calories 808 Protein 36 Fat 22% Sodium 1031 Fiber 15 Vitamin A 716	Calories 1035 Protein 41 Fat 25% Sodium 115 Fiber 11 Vitamin A 476	Calories 661 Protein 41 Fat 21% Sodium 645 Fiber 6 Vitamin A 936	Calories 810 Protein 34 Fat 27% Sodium 996 Fiber 13 Vitamin A 416	Calories 753 Protein 44 Fat 6% Sodium 438 Fiber 7 Vitamin A 201	Calories 766 Protein 43 Fat 8% Sodium 436 Fiber 7 Vitamin A 519

*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 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

June 2 - 8

Meals on Wheels Menu

Monday, June 2, 2025	Tuesday, June 3, 2025	Wednesday, June 4, 2025	Thursday, June 5, 2025	Friday, June 6, 2025	Saturday, June 7, 2025	Sunday, June 8, 2025
4 oz Beef Sausage 1 oz Onions and Pepper 4 oz Pinto Beans 4 oz Chuckwagon Corn 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Chicken Breast w/Orange Glaze 4 oz Scalloped Potatoes 4 oz Oriental Blend 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	4 oz Beef Tips 4 oz Brown Rice 4 oz Green Beans w/Pearl Onions 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	6 oz Chicken Florentine 4 oz Scalloped Potatoes 4 oz Broccoli 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	6 oz Baked Chicken w/Parsley 4 oz Zucchini 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Steak w/Gravy 4 oz Mashed Potatoes 4 oz Broccoli 4 oz Yellow Squash 1 Slice Wheat Bread 1 Each 2% Milk	3 oz 4 oz 4 oz 1 Slice 1 Each
Calories 1057 Protein 40 Fat 10% Sodium 1709 Fiber 13 Vitamin A 400	Calories 678 Protein 41 Fat 10% Sodium 909 Fiber 11 Vitamin A 292	Calories 661 Protein 31 Fat 9% Sodium 597 Fiber 9 Vitamin A 745	Calories 778 Protein 44 Fat 26% Sodium 1268 Fiber 15 Vitamin A 113	Calories 684 Protein 36 Fat 16% Sodium 661 Fiber 9 Vitamin A 337	Calories 719 Protein 34 Fat 17% Sodium 649 Fiber 9 Vitamin A 796	Calories Protein Fat Sodium Fiber Vitamin A

*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 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

June 9 - 15

Meals on Wheels Menu



Monday, June 9, 2025	Tuesday, June 10, 2025	Wednesday, June 11, 2025	Thursday, June 12, 2025	Friday, June 13, 2025	Saturday, June 14, 2025	Sunday, June 15, 2025
4 oz Red Beans 4 oz Brown Rice 4 oz Mustard Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Herb Roasted Chicken 4 oz Macaroni and Cheese 4 oz Flame Roasted Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Salisbury Steak 1 oz w/Mushroom Gravy 4 oz Mashed Potatoes 4 oz Broccoli Florets 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	8 oz Spaghetti w/Meat Sauce 4 oz Italian Mixed Vegetables 4 oz Squash 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Barbecued Pulled Pork 4 oz Dirty Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Baked Pork Chop 4 oz Mashed Potatoes 4 oz Brussel Sprouts 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Bourbon Boneless Thigh 4 oz Scalloped Potatoes 4 oz Field Peas w/Snap 1 Slice Wheat Bread 1 Each 2% Milk
Calories 956 Protein 37 Fat 25% Sodium 1156 Fiber 17 Vitamin A 340	Calories 1101 Protein 46 Fat 26% Sodium 1209 Fiber 13 Vitamin A 682	Calories 649 Protein 35 Fat 22% Sodium 685 Fiber 10 Vitamin A 672	Calories 718 Protein 31 Fat 20% Sodium 492 Fiber 9 Vitamin A 514	Calories 744 Protein 44 Fat 25% Sodium 1339 Fiber 8 Vitamin A 206	Calories 484 Protein 47 Fat 10% Sodium 369 Fiber 7 Vitamin A 419	Calories 645 Protein 43 Fat 24% Sodium 974 Fiber 10 Vitamin A 501

*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 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

June 16 - 22

Meals on Wheels Menu



Monday, June 16, 2025	Tuesday, June 17, 2025	Wednesday, June 18, 2025	Thursday, June 19, 2025	Friday, June 20, 2025	Saturday, June 21, 2025	Sunday, June 22, 2025
6 oz. Sausage Chicken Jambalaya 4 oz. Rice 4 oz White Beans 4 oz Parslied Carrots 1 Slic Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Bourbon Chicken 4 oz Wild Rice 4 oz Brussel Sprouts 1 Slice Wheat Bread Each Snack Each 2% Milk	3 oz. Ham w/Pineapple Tidbits 4 oz Mashed Sweet Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	Each Hamburger Steak 4 oz Gravy w/Onions and Peppers 4 oz Brown Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread Each Snack Each 2% Milk	3 oz Sausage 4 oz Red Beans 4 oz Rice 4 oz Green Beans 1 Slice Wheat Bread Each 2% Milk	1 Each Lemon Pepper Chicken Breast 4 oz Mashed Potatoes 4 oz Italian Green Beans 1 Slice Wheat Bread Each 2% Milk	6 oz Chicken Pasta 4 oz Yellow Squash 4 oz Italian Green Beans Slice Wheat Bread Each 2% Milk
Calories 800 Protein 42 Fat 24% Sodium 1276 Fiber 16 Vitamin A 444	Calories 681 Protein 39 Fat 14% Sodium 387 Fiber 7 Vitamin A 416	Calories 601 Protein 39 Fat 15% Sodium 465 Fiber 7 Vitamin A 357	Calories 672 Protein 34 Fat 24% Sodium 419 Fiber 12 Vitamin A 480	Calories 698 Protein 23 Fat 13% Sodium 517 Fiber 13 Vitamin A 846	Calories 712 Protein 36 Fat 11% Sodium 336 Fiber 6 Vitamin A 425	Calories 738 Protein 31 Fat 24% Sodium 867 Fiber 9 Vitamin A 306

*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 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

June 23 - 29

Meals on Wheels Menu



Monday, June 23, 2025	Tuesday, June 24, 2025	Wednesday, June 25, 2025	Thursday, June 26, 2025	Friday, June 27, 2025	Saturday, June 28, 2025	Sunday, June 29, 2025
4 oz White Beans w/Sausage 4 oz Brown Rice 4 oz Greens 4 oz Broccoli 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Smothered Chicken 4 oz Rice Pilaf 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	Each Salisbury Steak 4 oz Mashed Potatoes 4 oz California Mix Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	8 oz Meat Sauce w/Spaghetti 4 oz Italian Green Beans 4 oz Corn 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Baked Pork Chop 4 oz Baked Beans 4 oz Cauliflower 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Blackened Chicken Thighs 4 oz Mashed Sweet Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each 2% Milk	3 oz Chicken Alfredo 4 oz Green Peas 1 Slice Wheat Bread 1 Each 2% Milk
Calories 731 Protein 37 Fat 23% Sodium 1083 Fiber 12 Vitamin A 419	Calories 771 Protein 44 Fat 17% Sodium 1189 Fiber 8 Vitamin A 347	Calories 760 Protein 35 Fat 22% Sodium 726 Fiber 13 Vitamin A 503	Calories 799 Protein 37 Fat 20% Sodium 430 Fiber 1 Vitamin A 204	Calories 981 Protein 52 Fat 24% Sodium 947 Fiber 17 Vitamin A 789	Calories 708 Protein 25 Fat 8% Sodium 423 Fiber 8 Vitamin A 805	Calories 617 Protein 38 Fat 19% Sodium 1181 Fiber 9 Vitamin A 907

*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 each day above and beyond that of the COA meals provided.

*Menu items subject to change due to availability.