



EBRCOA NUTRITIONAL INFORMATION

Meals on Wheels Menu



Monday, September 28, 2026		Tuesday, September 29, 2026		Wednesday, September 30, 2026		Thursday, October 1, 2026		Friday, October 2, 2026		Saturday, October 4, 2026		Sunday, October 3, 2026	
6 oz Meatsauce w/Spaghetti 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Vegetable Chicken Soup 4 oz Rice 4 Each Crackers 1 Each Cornbread Muffin 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Sausage 4 oz White Beans 4 oz Rice 4 oz Broccoli 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		1 Each Baked Chicken Leg 4 oz Brown Rice 4 oz Brussel Sprouts 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Sausage 4 oz Rice 4 oz Blackeyed Peas 4 oz Greens of Choice 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Bourbon Chicken 4 oz Yellow Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk		1 Each Hamburger Steak 4 oz Mashed Potatoes 4 oz Corn 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	675	Calories	719	Calories	685	Calories	635	Calories	670	Calories	905	Calories	692
Protein	24	Protein	32	Protein	35	Protein	61	Protein	24	Protein	41	Protein	32
Fat	28%	Fat	31%	Fat	24%	Fat	18%	Fat	21%	Fat	44%	Fat	24%
Sodium	908	Sodium	967	Sodium	501	Sodium	504	Sodium	802	Sodium	908	Sodium	1415
Fiber	12	Fiber	8	Fiber	6	Fiber	7	Fiber	5	Fiber	7	Fiber	13
Vitamin A	367	Vitamin A	325	Vitamin A	456	Vitamin A	354	Vitamin A	437	Vitamin A	539	Vitamin A	392

*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 NUTRITIONAL INFORMATION

Meals on Wheels Menu



Monday, October 5, 2026		Tuesday, October 6, 2026		Wednesday, October 7, 2026		Thursday, October 8, 2026		Friday, October 9, 2026		Saturday, October 10, 2026		Sunday, October 11, 2026	
3 oz Smoked Sausage 4 oz Rice 4 oz Red Beans 4 oz Turnip Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Hamburger Steak 1 oz w/Gravy 4 oz Rice 4 oz Broccoli Florets 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Baked Chicken 4 oz Roasted Potatoes 4 oz French Style Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz. Diced Pork 1 oz w/Gravy 4 oz Rice Dressing 4 oz Sliced Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Sausage, Okra, Tomato Stew 4 oz Rice 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 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 Smothered Pork Chops 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

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EBRCOA NUTRITIONAL INFORMATION

Meals on Wheels Menu



Monday, October 12, 2026		Tuesday, October 13, 2026		Wednesday, October 14, 2026		Thursday, October 15, 2026		Friday, October 16, 2026		Saturday, October 17, 2026		Sunday, October 18, 2026	
6 oz Chicken/Sausage Gumbo 4 oz Rice 4 Each Crackers 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Hamburger Steak 4 oz Steamed Brown Rice 4 oz California Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Baked Ham 4 oz Lima Beans 4 oz Green Bean Casserole 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Diced Pork 4 oz Mashed Potatoes w/Gravy 4 oz Spinach 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		4 oz Meat Sauce 4 oz w/Spaghetti 4 oz Italian Green Beans 4 oz Corn 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Smothered Chicken 4 oz Brown Rice 4 oz Vegetable Medley 1 Slice Wheat Bread 1 Each 2% Milk		3 oz BBQ Pulled Pork 4 oz Baked Beans 4 oz Glazed Carrots 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	850	Calories	656	Calories	661	Calories	729	Calories	772	Calories	709	Calories	845
Protein	36	Protein	27	Protein	42	Protein	31	Protein	30	Protein	31	Protein	33
Fat	34%	Fat	27%	Fat	14%	Fat	31%	Fat	30%	Fat	17%	Fat	22%
Sodium	1243	Sodium	806	Sodium	401	Sodium	725	Sodium	702	Sodium	968	Sodium	1298
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

Meals on Wheels Menu



Monday, October 19, 2026		Tuesday, October 20, 2026		Wednesday, October 21, 2026		Thursday, October 22, 2026		Friday, October 23, 2026		Saturday, October 24, 2026		Sunday, October 25, 2026	
6 oz Smoked Sausage and Rice 4 oz Butter Beans 4 oz Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Jambalaya 4 oz White Beans 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Bourbon Chicken 4 oz Yellow Rice 4 oz Okra 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Spaghetti w/Meatsauce 4 oz California Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Lima Beans w/Ham 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Hamburger Steak 4 oz Mashed Potatoes 4 oz Okra and Tomaotes 1 Slice Wheat Bread 1 Each 2% Milk		3 oz Baked Chicken 4 oz Brown Rice Pilaf 4 oz Corn 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	731	Calories	1076	Calories	753	Calories	660	Calories	735	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	683	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 26, 2026		Tuesday, October 27, 2026		Wednesday, October 28, 2026		Thursday, October 29, 2026		Friday, October 30, 2026		Saturday, October 31, 2026		Sunday, November 1, 2026	
1 Each Pork Chop 1 oz Onions and Peppers 4 oz Brown Rice w/Gravy 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		4 oz Blackeyed Peas w/Ham 4 oz Brown Rice 4 oz Cabbage 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Chicken Stir Fry 4 oz Brown Rice 4 oz Broccoli 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		4 oz Meat Sauce 4 oz w/Spaghetti 4 oz Italian Green Beans 4 oz Baby Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		1 Each Smothered Turkey 4 oz Rice 4 oz Peas 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Barbecue Chicken Legs 4 oz Yams 4 oz Dirty Rice 4 oz. Carrots 1 Slice Wheat Bread 1 Each 2% Milk		3 oz Sausage 4 oz Rice 4 oz Red Beans 4 oz Collard Greens 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	667	Calories	962	Calories	749	Calories	696	Calories	686	Calories	764	Calories	672
Protein	33	Protein	35	Protein	30	Protein	29	Protein	42	Protein	42	Protein	37
Fat	25%	Fat	38%	Fat	18%	Fat	15%	Fat	18%	Fat	26%	Fat	20%
Sodium	649	Sodium	931	Sodium	1078	Sodium	877	Sodium	358	Sodium	1080	Sodium	600
Fiber	7	Fiber	9	Fiber	9	Fiber	5	Fiber	12	Fiber	8	Fiber	12
Vitamin A	487	Vitamin A	378	Vitamin A	495	Vitamin A	411	Vitamin A	949	Vitamin A	409	Vitamin A	587

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*Menu items subject to change due to availability.



EBRCOA NUTRITIONAL INFORMATION

Meals on Wheels Menu



Monday, November 2, 2026		Tuesday, November 3, 2026		Wednesday, November 4, 2026		Thursday, November 5, 2026		Friday, November 6, 2026		Saturday, November 7, 2026		Sunday, November 8, 2026	
6 oz Meatsauce and Spaghetti 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		1 Each Supreme Chicken Thighs 4 oz Honey Garlic Potatoes 4 oz Mustard Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Chili w/Beans 4 oz Corn 4 oz Broccoli 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Brown Rice 4 oz White Beans 4 oz Green Salad 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		4 oz BBQ Pulled Pork 4 oz Macaroni and Cheese 4 oz Spinach 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Smothered Chicken 4 oz Mashed Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk		1 Each Smothered Pork Chop 4 oz Rice 4 oz Broccoli 1 Slice Wheat Bread 1 Each Fresh Fruit 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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Meals on Wheels Menu



Monday, November 9, 2026		Tuesday, November 10, 2026		Wednesday, November 11, 2026		Thursday, November 12, 2026		Friday, November 13, 2026		Saturday, November 14, 2026		Sunday, November 15, 2026	
3 oz Sausage 4 oz Butter Beans 4 oz Rice 4 oz Mustard Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz. Soup of Choice 4 oz Rice 4 Each Crackers 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		4 oz Meat Sauce 4 oz w/Spaghetti 4 oz Italian Green Beans 4 oz Corn 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Rice 4 oz Red Beans 4 oz Turnip Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Field Peas w/Ham 4 oz Rice 4 oz Oriental Veggies 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 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 Diced Pork 4 oz. Mashed Potatoes 4 oz. Mixed Vegetables 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

Meals on Wheels Menu



Monday, November 16, 2026		Tuesday, November 17, 2026		Wednesday, November 18, 2026		Thursday, November 19, 2026		Friday, November 20, 2026		Saturday, November 21, 2026		Sunday, November 22, 2026	
6 oz Chicken/Sausage Gumbo 4 oz Rice 4 oz Okra 4 Each Crackers 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz. Smoked Turkey 4 oz Cornbread Dressing 4 oz Yams 4 oz. Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Baked Ham 4 oz Yam Patty 4 oz Rice Dressing 4 oz Mustard Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Chili w/Beans 4 oz Rice 4 oz Corn 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		4 oz Chicken Legs 4 oz Rice Pilaf 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 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		6 oz Sausage w/ Rice 4 oz Lima Beans 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

Meals on Wheels Menu



Monday, November 23, 2026		Tuesday, November 24, 2026		Wednesday, November 25, 2026		Thursday, November 26, 2026		Friday, November 27, 2026		Saturday, November 28, 2026		Sunday, November 29, 2026	
3 oz Sausage 4 oz Red Beans 4 oz Rice 4 oz Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Pepper Steak 4 oz Garlic Mashed Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Brown Rice 4 oz Pinto Beans 4 oz. Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Spaghetti 4 oz California Mixed Vegetables 4 oz. Yellow Squash 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		4 oz Diced Pork 4 oz Mashed Potatoes 4 oz California Blend 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Okra and Tomatoes 4 oz Rice 4 oz Corn 1 Slice Wheat Bread 1 Each 2% Milk		3 oz Honey Glazed Chicken Thighs 4 oz Brown Rice Pilaf 4 oz Broccoli 1 Slice Wheat Bread 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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EBRCOA NUTRITIONAL INFORMATION

Meals on Wheels Menu



Monday, November 30, 2026		Tuesday, December 1, 2026		Wednesday, December 2, 2026		Thursday, December 3, 2026		Friday, December 4, 2026		Saturday, December 5, 2026		Sunday, December 6, 2026	
3 oz Sausage 4 oz White Beans 4 oz Brown Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz. Diced Pork 4 oz Mashed Potatoes 4 oz Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Hearty Chicken Soup 4 oz Brown Rice 4 oz Broccoli 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		1 Each Pork Chop 4 oz Mashed Potatoes 1 oz w/Gravy 4 oz Baby Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Smoked Turkey 4 oz Butter Beans 4 oz Rice 4 oz Cabbage 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Baked Chicken Legs 4 oz Yellow Rice 4 oz Broccoli 1 Slice Wheat Bread 1 Each 2% Milk		6 oz Chili w/Beans 4 oz Mixed Vegetables 1 Each Cornbread 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

Meals on Wheels Menu



Monday, December 7, 2026		Tuesday, December 8, 2026		Wednesday, December 9, 2026		Thursday, December 10, 2026		Friday, December 11, 2026		Saturday, December 12, 2026		Sunday, December 13, 2026	
1 Each Hamburger Steak 1 oz Onions and Peppers 4 oz Rice 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each Fresh 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 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Baked Chicken 4 oz Sweet Potato Casserole 4 oz Broccoli 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		1 Each Sausage 4 oz Red Beans 4 oz Baby Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Smoked Turkey Sausage 4 oz Buttered Beans 4 oz Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 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 Pulled Pork 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	689	Calories	905	Calories	646
Protein	29	Protein	32	Protein	35	Protein	33	Protein	37	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	379	Sodium	908	Sodium	1343
Fiber	9	Fiber	8	Fiber	6	Fiber	11	Fiber	9	Fiber	7	Fiber	13
Vitamin A	207	Vitamin A	325	Vitamin A	456	Vitamin A	574	Vitamin A	771	Vitamin A	539	Vitamin A	392

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EBRCOA NUTRITIONAL INFORMATION

Meals on Wheels Menu



Monday, December 14, 2026		Tuesday, December 15, 2026		Wednesday, December 16, 2026		Thursday, December 17, 2026		Friday, December 18, 2026		Saturday, December 19, 2026		Sunday, December 20, 2026	
3 oz Sausage 4 oz Lima Beans w/Ham 4 oz Rice 4 oz Turnip Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz. White Chicken Chili 4 oz Rice 4 oz Broccoli Florets 1 Each Cornbread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Smothered Chicken 4 oz Rice 4 oz Blackeyed Peas 1 Each Cornbread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Hearty Beef Stew w/Vegetables 4 oz Rice 4 oz Oriental Blend 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		4 oz White Beans w/Ham 4 oz Rice 4 oz Broccoli 1 Each Cornbread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Chicken/Sausage Jambalya 4 oz Baby Lima Beans 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk		4 oz. Meat Sauce 4 oz. Spaghetti 4 oz Corn 4 oz California Blend 1 Slice Garlic Bread 1 Each 2% Milk	
Calories	686	Calories	663	Calories	691	Calories	648	Calories	795	Calories	704	Calories	869
Protein	31	Protein	35	Protein	37	Protein	27	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	840	Sodium	957	Sodium	651	Sodium	923
Fiber	13	Fiber	7	Fiber	6	Fiber	11	Fiber	8	Fiber	9	Fiber	15
Vitamin A	332	Vitamin A	481	Vitamin A	439	Vitamin A	405	Vitamin A	459	Vitamin A	636	Vitamin A	433

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EBRCOA NUTRITIONAL INFORMATION

Meals on Wheels Menu



Monday, December 21, 2026		Tuesday, December 22, 2026		Wednesday, December 23, 2026		Thursday, December 24, 2026		Friday, December 25, 2026		Saturday, December 26, 2026		Sunday, December 27, 2026	
3 oz Smoked Sausage 4 oz Brown Rice 4 oz Okra and Tomatoes 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Smoked Sausage 4 oz Red Beans 4 oz California Mixed Vegetables 1 Each Cornbread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Baked Ham 4 oz Cornbread Dressing 4 oz Yams 4 oz Green Bean 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Baked Chicken Leg 4 oz Pinto Beans 4 oz Rice 4 oz Vegetable 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Spaghetti w/ Meatsauce 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		1 Each Baked Pork Chop 4 oz Succatash 4 oz Rice 1 Slice Wheat Bread 1 Each 2% Milk		3 oz Diced Pork 4 oz Mashed Potatoes 4 oz Glazed Carrots 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	817	Calories	656	Calories	658	Calories	729	Calories	772	Calories	709	Calories	712
Protein	26	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	1190	Sodium	806	Sodium	1129	Sodium	725	Sodium	702	Sodium	968	Sodium	960
Fiber	9	Fiber	6	Fiber	5	Fiber	10	Fiber	11	Fiber	5	Fiber	9
Vitamin A	207	Vitamin A	501	Vitamin A	418	Vitamin A	365	Vitamin A	404	Vitamin A	499	Vitamin A	387

*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 NUTRITIONAL INFORMATION

Meals on Wheels Menu



Monday, December 28, 2026		Tuesday, December 29, 2026		Wednesday, December 30, 2026		Thursday, December 31, 2026		Friday, January 1, 2026		Saturday, January 2, 2026		Sunday, January 3, 2026	
3 oz Baked Chicken 4 oz Rice Dressing 4 oz Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Sausage 4 oz White Beans 4 oz Rice 4 oz. Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Chicken/Sausage Gumbo 4 oz Rice 4 oz Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz Chicken Spaghetti 4 oz California Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Herb Roasted Chicken 4 oz Lima Beans 4 oz Rice 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Diced Pork 4 oz Mixed Vegetables 4 oz Mashed Potatoes 1 Slice Wheat Bread 1 Each 2% Milk		6 oz. Chicken and Sausage Pastaleya 4 oz White Beans 4 oz Carrots 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	734	Calories	819	Calories	850	Calories	660	Calories	751	Calories	692	Calories	674
Protein	31	Protein	24	Protein	36	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	1243	Sodium	1134	Sodium	857	Sodium	1005	Sodium	961
Fiber	11	Fiber	8	Fiber	8	Fiber	8	Fiber	10	Fiber	5	Fiber	6
Vitamin A	368	Vitamin A	474	Vitamin A	330	Vitamin A	411	Vitamin A	390	Vitamin A	419	Vitamin A	544

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*Menu items subject to change due to availability.