


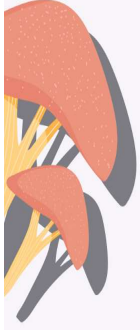
Northeast Louisiana

JANUARY 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 TRIO Community Meals Nourishment through compassionate care.				1 Closed for Holiday		2 Meatballs w/Gravy Garlic Whipped Potatoes Spinach Cornbread Lime Gelatin Milk Margarine		3 Sliced Turkey Breast Swiss Cheese Lettuce Tomato Onion Broccoli Raisin Salad Wheat Bread Oatmeal Crème Cookie Milk Mustard Mayonnaise	
6 Creole Steak Scalloped Potatoes Sliced Carrots White Bread Seasonal Fruit Milk Margarine		7 Chicken and Dumplings Lima Beans Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine		8 Meatballs w/Mushroom Gravy or Smothered Chicken (Bone-In) Whipped Potatoes Green Beans Wheat Bread Banana Pudding w/Wafers Milk Margarine		9 Sliced Ham Cut Yams Cabbage Cornbread Graham Crackers Milk Margarine		10 ~Winter Holiday Meal~ Salisbury Steak Brown Gravy Garlic Whipped Potatoes Garden Vegetables Dinner Roll Frosted Devil's Food Cake Milk Margarine	
13 Chicken Noodle Casserole Brussels Sprouts Glazed Carrots Dinner Roll Seasonal Fruit Milk Margarine		14 BBQ Riblet or Beef Patty Baked Beans Coleslaw Hamburger Bun Apple Crisp Milk Ketchup Mayonnaise		15 Sliced Turkey Breast Poultry Gravy Garlic Whipped Potatoes Green Peas Wheat Roll Banana Moon Pie Milk Margarine		16 Chicken & Sausage Gumbo Stewed Tomatoes Summer Vegetables Saltine Crackers Orange Gelatin Milk		17 Chili Oven Roasted Potato Medley Whole Kernel Corn Saltine Crackers Diced Peaches Milk Margarine	
20 Closed for Holiday		21 Spaghetti Casserole Italian Vegetables Whole Kernel Corn Texas Bread Applesauce Milk Margarine		22 <i>New!</i> Bourbon Chicken (Bone-In) Hawaiian Baked Beans Brussels Sprouts Wheat Bread Strawberry Gelatin Milk Margarine		23 Swiss Steak Delmonico Potatoes Cabbage Cornbread Seasonal Fruit Milk Margarine		24 Tuna Salad or Chicken Salad Lettuce Tomato Pineapple Carrot Salad Wheat Bread Glazed Lemon Cake Milk	
27 Beef Santa Fe Stew Whole Kernel Corn Cauliflower & Carrots Tortilla Chips Graham Crackers Milk Sour Cream		28 Chicken Tenders Macaroni & Cheese Spinach Cranberry Juice Wheat Bread Seasonal Fruit Milk Margarine Ketchup		29 Beef Patty Lettuce Tomato Pickle Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Mayonnaise		30 Pork Roast Brown Gravy Country Potatoes Cabbage Cornbread Seasonal Fruit Milk Margarine		31 Chicken & Sausage Jambalaya or Spinach Lasagna Brussels Sprouts Green Beans Wheat Bread Birthday Cake Milk Margarine	

Kim Dommert RD, LD

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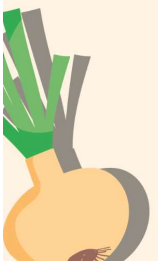
Northeast Louisiana

FEBRUARY 2025



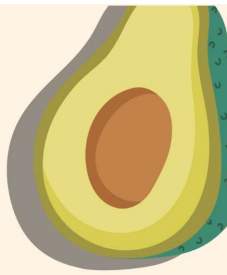
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
3	Beef Stew Mashed Red Potatoes Garden Vegetables Saltine Crackers Rice Krispie Treat Milk Margarine	1 cup 1/2 cup 1/2 cup 2 pkt 1 each 1 each 1 each	4	Chicken Fried Steak Country Gravy Chuckwagon Corn Green Bean Salad Wheat Bread Pineapple Crisp Milk Margarine	1 each 1 oz 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	5	Sliced Ham Black-eyed Peas Collard Greens Cornbread Butterscotch Pudding Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	6	Oven Fried Chicken (Bone-In) Ranch Potatoes Herbed Green Peas Wheat Bread Seasonal Fruit Milk Margarine	1 piece 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	7	Sliced Turkey Breast <i>or</i> Sliced Ham Swiss Cheese Lettuce Tomato Onion Broccoli Salad White Bread Fig Bar Cookie Milk Mayonnaise	2.25 oz 2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1 each 1 each 1 each
10	Chicken Rice Casserole Spring Vegetables Green Peas Wheat Bread Oatmeal Creme Cookie Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	11	Beef Patty Corn O'Brien Carrot Raisin Salad Hamburger Bun Mixed Fruit Crisp Milk Ketchup	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	12	Chicken Tenders Country Gravy Whipped Potatoes Lima Beans Wheat Bread Strawberry Swirl Pudding Milk Margarine	2 each 1 oz 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	13	Smoked Sausage Red Kidney Beans Steamed Rice Collard Greens Cornbread Seasonal Fruit Milk Margarine	2 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	14	Turkey Tetrazzini <i>or</i> Macaroni & Cheese Green Beans Glazed Carrots Dinner Roll Seasonal Fruit Milk	1 cup 1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each
17	Creole Steak Scalloped Potatoes Sliced Carrots White Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	18	Chicken and Dumplings Lima Beans Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	19	Meatballs w/Mushroom Gravy <i>or</i> Smothered Chicken (Bone-In) Whipped Potatoes Green Beans Wheat Bread Banana Pudding w/Wafers Milk Margarine	6 each 1 piece 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	20	Sliced Ham Cut Yams Cabbage Cornbread Graham Crackers Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 1 pkt 1 each 1 each	21	Chicken Chef Salad Cucumber Tomato Salad Saltine Crackers Mixed Fruit Milk Ranch Salad Dressing	1.5 cup 1/2 cup 4 pkt 1/2 cup 1 each 1 each
24	Chicken Noodle Casserole Brussels Sprouts Glazed Carrots Dinner Roll Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	25	BBQ Riblet <i>or</i> Beef Patty Baked Beans Coleslaw Hamburger Bun Apple Crisp Milk Ketchup Mayonnaise	1 each 1 each 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each	26	Sliced Turkey Breast Poultry Gravy Garlic Whipped Potatoes Green Peas Wheat Roll Banana Moon Pie Milk Margarine	3 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	27	Chicken & Sausage Gumbo Stewed Tomatoes Summer Vegetables Saltine Crackers Orange Gelatin Milk	1 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each	28	Chili Oven Roasted Potato Medley Whole Kernel Corn Saltine Crackers Birthday Cake Milk Margarine	1 cup 1/2 cup 1/2 cup 2 pkt 1 piece 1 each 1 each

Kim Dommert RD, LD



MARCH 2025

Northeast Louisiana



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
3	<i>New!</i> Citrus Mojo Chicken Country Potatoes Broccoli & Carrots Hamburger Bun Fudge Creme Cookie Milk	1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	4	Spaghetti Casserole Italian Vegetables Whole Kernel Corn Texas Bread Applesauce Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	5	<i>~Ash Wednesday~</i> Shrimp Creole <i>or</i> Creole Chicken Steamed Rice Green Peas Cranberry Juice Dinner Roll Cinnamon Cake Milk Margarine	1 cup 1 each 1/2 cup 1/2 cup 1 each 1 each 1 piece 1 each 1 each	6	Swiss Steak Delmonico Potatoes Cabbage Cornbread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1 each 1 each	7	Tuna Salad <i>or</i> Chicken Salad Lettuce Tomato Pineapple Carrot Salad Wheat Bread Glazed Lemon Cake Milk	1/2 cup 1/2 cup 1/2 cup 1/2 cup 2 slice 1 piece 1 each
10	Beef Santa Fe Stew Whole Kernel Corn Cauliflower & Carrots Tortilla Chips Graham Crackers Milk Sour Cream	1 cup 1/2 cup 1/2 cup 1 oz 1 pkt 1 each 1 each	11	Chicken Tenders Macaroni & Cheese Spinach Cranberry Juice Wheat Bread Seasonal Fruit Milk Margarine Ketchup	2 each 1/2 cup 1/2 cup 1 each 1 slice 1 each 1 each 1 each 1 each	12	Beef Patty Lettuce Tomato Pickle Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Mayonnaise	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each 1 each	13	Pork Roast Brown Gravy Country Potatoes Cabbage Cornbread Seasonal Fruit Milk Margarine	3 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	14	Chicken & Sausage Jambalaya <i>or</i> Spinach Lasagna Brussels Sprouts Green Beans Wheat Bread Mississippi Mud Pudding Milk Margarine	1 cup 1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each
17	Beef Stew Mashed Red Potatoes Garden Vegetables Saltine Crackers Rice Krispie Treat Milk Margarine	1 cup 1/2 cup 1/2 cup 2 pkt 1 each 1 each 1 each	18	Chicken Fried Steak Country Gravy Chuckwagon Corn Green Bean Salad Wheat Bread Pineapple Crisp Milk Margarine	1 each 1 oz 1/2 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	19	Sliced Ham Black-eyed Peas Collard Greens Cornbread Butterscotch Pudding Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	20	Oven Fried Chicken (Bone-In) Ranch Potatoes Herbed Green Peas Wheat Bread Seasonal Fruit Milk Margarine	1 piece 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	21	<i>~Lenten Meal~</i> Krab Cake <i>or</i> BBQ Riblet O'Brien Potatoes Herbed Green Beans Hamburger Bun Mixed Fruit Milk Tartar Sauce	1 each 1 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each
24	Chicken Rice Casserole Spring Vegetables Green Peas Wheat Bread Oatmeal Creme Cookie Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	25	Beef Patty Corn O'Brien Carrot Raisin Salad Hamburger Bun Mixed Fruit Crisp Milk Ketchup	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	26	Chicken Tenders Country Gravy Whipped Potatoes Lima Beans Wheat Bread Strawberry Swirl Pudding Milk Margarine	2 each 1 oz 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	27	Smoked Sausage Red Kidney Beans Steamed Rice Collard Greens Cornbread Seasonal Fruit Milk Margarine	2 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	28	Turkey Tetrazzini <i>or</i> Macaroni & Cheese Green Beans Glazed Carrots Dinner Roll Birthday Cake Milk Margarine	1 cup 1 cup 1/2 cup 1/2 cup 1 each 1 each 1 piece 1 each 1 each
31	Creole Steak Scalloped Potatoes Sliced Carrots White Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each												



Nourishment through
compassionate care.

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