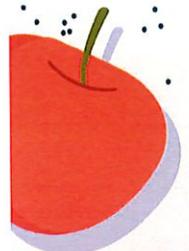


Northeast Louisiana

JANUARY 2026



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 TRIO Community Meals Nourishment through compassionate care.		Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.				1 Closed for Holiday		2 Sliced Turkey Breast Swiss Cheese Lettuce Tomato Onion Broccoli Raisin Salad Wheat Bread Oatmeal Crème Cookie Milk Mustard Mayonnaise 2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1 each 1 each 1 each	
5 Creole Steak Ranch Potatoes Sliced Carrots Wheat Bread Tropical Fruit Milk Margarine 1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	6 Chicken and Dumplings Lima Beans Whole Kernel Corn Whole Wheat Roll Seasonal Fruit Milk Margarine 1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	7 Meatballs w/Mushroom Gravy or Smothered Chicken (Bone-In) Whipped Potatoes Green Peas w/Onions 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	8 Sliced Ham Cut Yams Cabbage Cornbread Shortbread Cookies Milk Margarine 3 oz 1/2 cup 1/2 cup 1 each 1 pkt 1 each 1 each	9 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					
12 Chicken Noodle Casserole Green Beans w/Peppers Glazed Carrots Dinner Roll Seasonal Fruit Milk Margarine 1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	13 Cheesesteak or Beef Patty Baked Beans Coleslaw Hamburger Bun Apple Crisp Milk Ketchup Mayonnaise 1/2 cup 1 each 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each	14 Sliced Turkey Breast Poultry Gravy Garlic Whipped Potatoes Mixed Vegetables 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	15 Chicken & Sausage Gumbo Stewed Tomatoes Summer Vegetables Saltine Crackers Fruited Orange Gelatin Milk 1 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each	16 Chili Oven Roasted Potato Medley Whole Kernel Corn Saltine Crackers Diced Peaches Milk Margarine 1 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each 1 each					
19 Closed for Holiday		20 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	21 Bourbon Chicken (Bone-In) Hawaiian Baked Beans Brussels Sprouts Wheat Bread Strawberry Gelatin Milk Margarine 1 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	22 Chicken & Sausage Jambalaya Mixed Vegetables Cabbage Cornbread Seasonal Fruit Milk Margarine 1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	23 Tuna Salad or Chicken Salad Lettuce Tomato Pineapple Carrot Salad Wheat Bread Glazed Lemon Cake Milk 1/2 cup 1/2 cup 1/2 cup 2 slice 1 piece 1 each				
26 Taco Soup Whole Kernel Corn Cauliflower & Carrots Tortilla Chips Shortbread Cookies Milk Sour Cream 1 cup 1/2 cup 1/2 cup 1 oz 1 pkt 1 each 1 each	27 Chicken Tenders Macaroni & Cheese Spinach Orange Juice Wheat Bread Diced Pears Milk Margarine Ketchup 2 each 1/2 cup 1/2 cup 1 each 1 slice 1/2 cup 1 each 1 each 1 each 1 each	28 Beef Patty Lettuce Tomato Onion Pickle Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard Mayonnaise 1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	29 Pork Roast Brown Gravy Cheesy 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	30 Vegetable Pasta Casserole or Savory Baked Chicken Brussels Sprouts Green Beans Wheat Bread Birthday Cake Milk Margarine 1 cup 1 each 1/2 cup 1/2 cup 1 slice 1 piece 1 each 1 each					

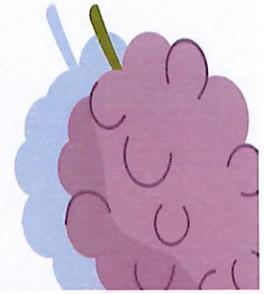
Kim Dommert RD, LD

Kim Dommert, RD, LD



Northeast Louisiana

FEBRUARY 2026



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
 TRIO Community Meals Nourishment through compassionate care.		Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.												
2	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	3	Chicken Fried Steak Country Gravy Chuckwagon Corn Green Bean Salad Wheat Bread Mixed Fruit Cobbler Milk Margarine	1 each 1 oz 1/2 cup 1/2 cup 1 slice 1/2 cup 1/2 cup 1 each	4	BBQ Pork Rib Patty Black-eyed Peas Collard Greens Cornbread Butterscotch Pudding Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	5	Chicken Scampi Garlic Parmesan Rice Herbed Green Peas Cranberry Juice Wheat Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1 slice 1 each 1 each 1 each	6	Tuna Salad or Sliced Ham Swiss Cheese Lettuce Tomato Onion Broccoli Salad White Bread Fig Bar Cookie Milk Mayonnaise	1/2 cup 2.25 oz 1 oz 1/2 cup 2 slices 1 each 1 each 1 each
9	Grandma's Chicken and Rice 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	10	Beef Patty Oven Roasted Potatoes Coleslaw Hamburger Bun Pear Crisp Milk Ketchup	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	11	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	12	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	13	Macaroni and Cheese or Turkey Tetrazzini 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
16	Creole Steak Ranch Potatoes Sliced Carrots Wheat Bread Tropical Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	17	Chicken and Dumplings Lima Beans Whole Kernel Corn Whole Wheat Roll Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	18	<i>~Ash Wednesday~</i> Shrimp Creole or Chicken Creole (Bone-In) 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 each 1 piece 1 each	19	Sliced Ham Cut Yams Cabbage Cornbread Shortbread Cookies Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 1 pkt 1 each 1 each	21	<i>~Lenten Meal~</i> Krab Cake or BBQ Riblet O'Brien Potatoes Green Beans Hamburger Bun Mixed Fruit Milk Tartar Sauce	1 each 1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each
23	Chicken Noodle Casserole Green Beans w/Peppers Glazed Carrots Dinner Roll Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	24	Cheesesteak or Beef Patty Baked Beans Coleslaw Hamburger Bun Apple Crisp Milk Ketchup Mayonnaise	1/2 cup 1 each 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each	25	Sliced Turkey Breast Poultry Gravy Garlic Whipped Potatoes Mixed Vegetables 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	26	Chicken & Sausage Gumbo Stewed Tomatoes Summer Vegetables Saltine Crackers Fruited Orange Gelatin Milk	1 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each	27	<i>~Lenten Meal~</i> Seafood Au Gratin or Chili Broccoli Florets Cauliflower Whole Wheat Roll Mixed Fruit Milk Margarine	1 cup 1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each

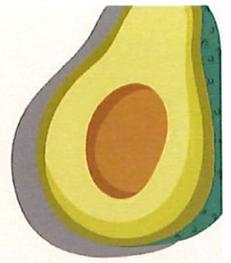
Kim Dommert RD, LD

Kim Dommert, RD, LD



MARCH 2026

Northeast Louisiana



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
2	Swiss Steak Delmonico Potatoes Green Peas Wheat Bread Fudge Creme Cookie Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	3	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	4	Bourbon Chicken (Bone-In) Hawaiian Baked Beans Brussels Sprouts Wheat Bread Strawberry Gelatin Milk Margarine Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each 1 each 1 each	5	Chicken & Sausage Jambalaya Mixed Vegetables Cabbage Cornbread Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	6	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 2 slice 1 piece 1 each
9	Taco Soup Whole Kernel Corn Cauliflower & Carrots Tortilla Chips Shortbread Cookies Milk Sour Cream	1 cup 1/2 cup 1/2 cup 1 oz 1 pkt 1 each 1 each	10	Chicken Tenders Macaroni & Cheese Spinach Orange Juice Wheat Bread Diced Pears Milk Margarine Ketchup	2 each 1/2 cup 1/2 cup 1 each 1 slice 1/2 cup 1 each 1 each 1 each	11	Beef Patty Lettuce Tomato Onion Pickle Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard Mayonnaise	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	12	Pork Roast Brown Gravy Cheesy 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	13	Vegetable Pasta Casserole <i>or</i> Savory Baked Chicken Brussels Sprouts Green Beans Wheat Bread Mississippi Mud Pudding Milk Margarine	1 cup 1 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each
16	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	17	Chicken Fried Steak Country Gravy Chuckwagon Corn Green Bean Salad Wheat Bread Mixed Fruit Cobbler Milk Margarine	1 each 1 oz 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	18	BBQ Pork Rib Patty Black-eyed Peas Collard Greens Cornbread Butterscotch Pudding Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	19	Chicken Scampi Garlic Parmesan Rice Herbed Green Peas Cranberry Juice Wheat Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1 slice 1 each 1 each 1 each	20	Tuna Salad <i>or</i> Sliced Ham Swiss Cheese Lettuce Tomato Onion Broccoli Salad White Bread Fig Bar Cookie Milk Mayonnaise	1/2 cup 2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1 each 1 each 1 each
23	Grandma's Chicken and Rice 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	24	Beef Patty Oven Roasted Potatoes Coleslaw Hamburger Bun Pear Crisp Milk Ketchup	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	25	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	26	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	27	Macaroni and Cheese <i>or</i> Turkey Tetrazzini 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
30	Creole Steak Ranch Potatoes Sliced Carrots Wheat Bread Tropical Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	31	Chicken and Dumplings Lima Beans Whole Kernel Corn Whole Wheat Roll Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	<p>Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.</p>								

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