


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 <i>Closed for Holiday</i>		2 Sliced Turkey Breast 2.25 Swiss Cheese 1 c Lettuce Tomato Onion 1/2 c Broccoli Raisin Salad 1/2 c Wheat Bread 2 slic Oatmeal Crème Cookie 1 ea Milk 1 ea Mustard 1 ea Mayonnaise 1 ea	
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 <i>or</i> 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 each 1 each 1 each	9 Chicken Chef Salad Cucumber Tomato Salad Saltine Crackers Mixed Fruit Milk Ranch Salad Dressing	1.5 c 1/2 c 4 p 1/2 c 1 ea 1 ea
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 <i>or</i> 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	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 ct 1/2 c 1/2 c 2 p 1/2 c 1 ea 1 ea
<i>Closed for Holiday</i>		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 <i>or</i> Chicken Salad Lettuce Tomato Pineapple Carrot Salad Wheat Bread Glazed Lemon Cake Milk	1/2 c 1/2 c 1/2 c 1/2 c 2 slic 1 pie 1 ea
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	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 <i>or</i> Savory Baked Chicken Brussels Sprouts Green Beans Wheat Bread Birthday Cake Milk Margarine	1 ct 1 ea 1/2 c 1/2 c 1 slic 1 pie 1 ea 1 ea

Kim Dommert RD, LD

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NOURISH TO FLOURISH

IN THE NEW YEAR

NUTRIENTS WORTH ADDING

As you step into the new year, focus on nourishment that helps you stay strong, active, and energized. Small, consistent choices—like adding more fiber, potassium, vitamin D, and omega-3s—support lasting health and help you feel your best every day.

Dietary Fiber

Functions: Supports heart and digestive health, including regularity

Sources: Whole grains, fruits, vegetables, beans, and popcorn

How much do you need?

21 g/day (women), 30 g/day (men)

Potassium

Functions: Helps your kidneys, heart, muscles, and nerves work properly

Sources: Leafy greens, beans, potatoes, avocado, yogurt, and bananas

How much do you need? 2,600 mg/day (women), 3,400 mg/day (men)

Omega-3s

Functions: Support heart, brain, and eye health

Sources: Fatty fish (like salmon and mackerel), flaxseed, chia seeds, and walnuts

How much do you need?

1–2 servings of fatty fish per week or include plant sources daily

Vitamin D

Functions: Supports bone and immune health

Sources: Salmon, trout, fortified milk or yogurt, UV-exposed mushrooms, fortified juice, and sunlight

How much do you need?

800 IU/day (male and female 70+)

Supplements may help if sunlight exposure is limited.



Everyday Habits that Help You Flourish

- Plan meals
- Build balanced meals
- Stay hydrated
- Eat the rainbow
- Don't skip meals
- Add foods, don't just subtract