


Northeast Louisiana

October 2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 TRIO Community Meals Nourishment through compassionate care.				1 Sliced Turkey Breast Swiss Cheese Lettuce Tomato Broccoli Raisin Salad Wheat Bread Banana Pudding w/Wafers Milk Mayonnaise 2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1/2 cup 1 each 1 each		2 Smothered Chicken (Bone-In) Cut Yams Collard Greens Cornbread Diced Pears Milk Margarine 1 each 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each		3 Sloppy Joe or Shredded BBQ Chicken Whole Kernel Corn Green Beans w/Peppers Hamburger Bun Seasonal Fruit Milk 1/2 cup 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	
6 Beef Italiano Whipped Potatoes Brussels Sprouts Wheat Bread Seasonal Fruit Milk Margarine 1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each		7 Taco Meat or Fajita Chicken Shredded Cheese Lettuce Tomato Spanish Rice Flour Tortilla Apple Juice Mixed Fruit Milk Taco Sauce Sour Cream 1/2 cup 1/2 cup 1/2 oz 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each		8 Grandma's Chicken & Rice Green Beans Sliced Carrots Whole Wheat Roll Seasonal Fruit Milk Margarine 1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each		9 Meatballs w/Mushroom Gravy Garlic Whipped Potatoes Spinach Cornbread Lime Gelatin Milk Margarine 6 each 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each		10 Sliced Turkey Breast Swiss Cheese Lettuce Tomato Onion Broccoli Raisin Salad Wheat Bread Oatmeal Creme Cookie Milk Mustard Mayonnaise 2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1 each 1 each 1 each	
13 Creole Steak Ranch Potatoes Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine 1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each		14 Sliced Ham Northern Beans Mustard Greens Cornbread Orange Gelatin Milk Margarine 3 oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each		15 Pecan Crusted Chicken Scalloped Potatoes Green Peas Whole Wheat Roll Seasonal Fruit Milk Margarine 1 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each		16 Sloppy Joe or Shredded Hawaiian Chicken Baked Beans Cucumber Salad Hamburger Bun Mixed Fruit Cobbler Milk 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each		17 Chicken Tenders Country Gravy Oven Roasted Potatoes Herbed Green Beans Mandarin Oranges Wheat Bread Milk Margarine Ketchup BBQ Sauce 2 each 1 oz 1/2 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	
20 Baked Meatballs Shredded Mozzarella Cheese Tomato Sauce Whole Kernel Corn Broccoli Florets Hot Dog Bun Rice Krispie Treat Milk 6 each 1/2 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each		21 Smoked Sausage Red Kidney Beans Steamed Rice Turnip Greens Cornbread Seasonal Fruit Milk Margarine 2 each 1/2 cup 1/2 cup 1/2 cup 1 piece 1 each 1 each 1 each		22 Beef Stew Stewed Tomatoes Green Beans w/Peppers Whole Wheat Roll Sliced Apples Milk Margarine 1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each		23 Pork Roast Onion Gravy Cut Yams Cauliflower Dinner Roll Strawberry Gelatin Milk Margarine 3 oz 1 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each		24 Oven Fried Chicken (Bone-In) or Smothered Meatballs Twice Whipped Potatoes Brussels Sprouts Wheat Bread Birthday Cake Milk Margarine 1 piece 6 each 1/2 cup 1/2 cup 1 slice 1 piece 1 each 1 each	
27 Chicken & Sausage Jambalaya Collard Greens Okra & Tomatoes Dinner Roll Rosy Applesauce Milk Margarine 1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each		28 Honey Glazed Turkey Buttermilk Potatoes Green Peas Wheat Roll Vanilla Wafers Milk Margarine 3 oz 1/2 cup 1/2 cup 1 each 5 each 1 each 1 each		29 Chili Steamed Rice Whole Kernel Corn Orange Juice Saltine Crackers Diced Peaches Milk Margarine 1 cup 1/2 cup 1/2 cup 1 each 2 pkt 1/2 cup 1 each 1 each		30 Glazed Ham Baked Sweet Potato Cabbage Cornbread Lime Gelatin Milk Margarine 3.5 oz 1 each 1/2 cup 1 piece 1/2 cup 1 each 1 each		31 ~Halloween Meal~ Meatloaf Brown Gravy Chantilly Potatoes Winter Vegetables Whole Wheat Roll Pumpkin Bar Milk Margarine Milk Margarine 4 oz 1 oz 1/2 cup 1/2 cup 1 each 1 square 1 each 1 each 1 each	

Kim Dommert RD, LD

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EAT TO BEAT INFLAMMATION

Chronic inflammation may harm your heart, joints, and overall health. Good nutrition and lifestyle choices can help reduce inflammation.

Foods that Fight Inflammation

- **Fruits and Vegetables:** Rich in nutrients that fight inflammation.
 - Fill half your plate with fruits and veggies.
 - Use fresh, frozen, canned (low sodium), or dried (no added sugar).
- **Healthy Fats:** Monounsaturated fats and omega-3 fatty acids may reduce inflammation.
 - Eat fatty fish 2–3 times/week.
 - Use chia, flaxseed, walnuts, or hemp seeds.
 - Cook with olive, avocado, peanut or canola oils.
- **Whole Grains:** Support your immune system and inflammation with fiber rich grains. Choose whole grains like:
 - Oatmeal • Brown rice • Whole wheat bread • Quinoa

Emerging Anti-Inflammatory Foods

Adding these foods to a balanced diet may be beneficial in fighting inflammation:

Dark chocolate (more than 70% cocoa), kefir, kimchi, green tea, matcha, spirulina, black garlic, barberry, turmeric, and ginger

Foods that Contribute to Inflammation

- **Highly Processed Foods:** Include snacks, sweets, sugary drinks, or some packaged meals.
 - Often high in sugar and saturated fat with low nutritional value.
 - Choose whole ingredients when cooking and making snack choices.
- **Full Fat Dairy & Animal Proteins:** Higher in saturated fat. Choose leaner proteins like:
 - Skinless poultry • Low-fat dairy
 - Seafood • Beans or tofu

Lifestyle Habits That Help

Lifestyle factors also impact chronic inflammation.

- **Sleep:** Aim for 7–9 hours of quality sleep each night.
- **Activity:** Move daily—walk, garden, or stretch for 30–60 minutes.
- **Weight:** Maintaining a healthy weight can help reduce inflammation.