



Northwest Louisiana Consortium

July 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	Pork Tips w/Gravy Steamed Rice Spinach Cranberry Juice Cornbread Muffin Vanilla Pudding Milk Margarine	Oven Fried Chicken Northern Beans Parslied Carrots Wheat Bread Seasonal Fruit Milk Margarine	<i>~Independence Day~</i> All Beef Patty Twice Whipped Potatoes Baked Beans Hamburger Bun Carnival Cookie Milk Ketchup	<i>Closed for Holiday</i>
7	8	9	10	11
Italian Beef Macaroni Rosemary Carrots Cauliflower Wheat Bread Seasonal Fruit Milk Margarine	Chicken Salad Lettuce Tomato Coleslaw Wheat Bread Chocolate Pudding Milk	Sliced Ham Black-eyed Peas Spinach Cornbread Muffin Mandarin Oranges Milk Margarine	Garlic Rosemary Chicken Poultry Gravy Corn Casserole Broccoli Wheat Bread Oatmeal Cookie Milk Margarine	Beef Stew Country Potatoes Green Beans Texas Bread Fudge Creme Cookie Milk Margarine
14	15	16	17	18
Chili Dog Potato Wedges Broccoli Hot Dog Bun Seasonal Fruit Milk Ketchup	Taco Meat Lettuce Tomato Shredded Cheese Pinto Beans Whole Kernel Corn Tortilla Chips Seasonal Fruit Milk Taco Sauce Sour Cream	Pork Roast Brown Gravy Garlic Whipped Potatoes Collard Greens Cornbread Muffin Pineapple Tidbits Milk Margarine	Chicken Teriyaki Buttered Rice Japanese Vegetables Yellow Squash Wheat Bread Chocolate Chip Cookie Milk Margarine	Spaghetti w/Meat Sauce Glazed Carrots Cauliflower Texas Bread Oatmeal Creme Cookie Milk Margarine
21	22	23	24	25
Sloppy Joe Parslied Potatoes Green Beans Hamburger Bun Seasonal Fruit Milk	Turkey Breast Poultry Gravy Sweet Potatoes Winter Vegetables Wheat Bread Vanilla Pudding Milk Margarine	Chef Salad Cucumber Salad Green Pea Salad Saltine Crackers Seasonal Fruit Milk Ranch Dressing	Hamburger Steak Brown Gravy Ranch Potatoes Broccoli Wheat Bread Sugar Cookie Milk Margarine	Picante Chicken Pinto Beans Stewed Tomatoes Flour Tortilla Birthday Cake Milk Taco Sauce
28	29	30	31	
Swiss Steak Hominy Dilled Carrots Wheat Bread Seasonal Fruit Milk Margarine	BBQ Chicken Corn O'Brien Baked Beans Hamburger Bun Seasonal Fruit Milk	Sausage & Pinto Beans Steamed Rice Spinach Cranberry Juice Cornbread Muffin Banana Pudding w/Wafers Milk Margarine	Chicken Tenders Roasted Sweet Potatoes Spring Vegetables Wheat Bread Peanut Butter Cookie Milk Ketchup	

Kim Dommert RD, LD

Kim Dommert, RD, LD