

# Northwest Louisiana Consortium

## April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Swiss Steak Whipped Potatoes Broccoli Wheat Bread Chocolate Coconut Pudding Milk	Sloppy Joe Whole Kernel Corn Parslied Carrots Hamburger Bun Seasonal Fruit Milk	Cranberry Dijon Chicken Parslied Potatoes Green Beans Wheat Bread Cherry Gelatin Milk	<i>~Easter Meal~</i> Glazed Ham Whipped Sweet Potatoes Herbed Green Peas Wheat Bread Carnival Cookie Milk	<i>Closed for Holiday</i>
10	11	12	13	14
Chicken Patty Poultry Gravy Steamed Rice Glazed Carrots Cranberry Juice Wheat Bread Chocolate Pudding Milk	Sausage Jambalaya Mixed Beans Cabbage Wheat Bread Fresh Orange Milk	Hamburger Patty Lettuce   Tomato Baked Beans Hamburger Bun Hot Rosy Applesauce Milk Mustard	Meatloaf Brown Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Sugar Cookie Milk	Mozzarella Chicken Corn O'Brien Spring Vegetable Blend Wheat Bread Fudge Creme Cookie Milk
17	18	19	20	21
Chili with Beans Whole Kernel Corn Green Beans Saltine Crackers Fresh Orange Milk	Sliced Ham Swiss Cheese Beet Salad Cucumber Salad Wheat Bread (2) Seasonal Fruit Milk Mustard	Meat Spaghetti Sauce Penne Pasta Italian Vegetable Blend Herbed Green Peas Wheat Bread Lemon Gelatin Milk	Sesame Chicken Glazed Carrots Japanese Vegetable Blend Wheat Bread Chocolate Chip Cookie Milk	Baked Meatballs Onion Gravy Whipped Potatoes Brussels Sprouts Wheat Bread Oatmeal Creme Cookie Milk
24	25	26	27	28
Country Fried Steak Country Gravy Ranch Potatoes Okra and Tomatoes Wheat Bread Mississippi Mud Pudding Milk	Meat Italian Macaroni Sliced Carrots Garden Vegetable Blend Wheat Bread Seasonal Fruit Milk	Hamburger Patty Lettuce   Tomato Baked Beans Hamburger Bun Hot Rosy Applesauce Milk Mustard	Pork Roast Brown Gravy Mixed Beans Cabbage Cornbread Muffin Peanut Butter Cookie Milk	<i>~Birthday Celebration~</i> BBQ Chicken Whole Kernel Corn Broccoli Hamburger Bun Birthday Cake Milk
			 <p><b>TRIO</b> Community Meals an elior company</p>	

*Kim Dommert RD, LD*

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## May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Teriyaki Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk	Beef Santa Fe Stew Cheesy Whipped Potatoes Green Beans Wheat Bread Fresh Orange Milk	Fajita Chicken Pinto Beans Fiesta Vegetable Blend Flour Tortilla Cherry Gelatin Milk Taco Sauce	Beef Frank Delmonico Potatoes Hawaiian Baked Beans Hot Dog Bun Oatmeal Cookie Milk Mustard	Sliced Ham Black-eyed Peas Collard Greens Cornbread Muffin Fudge Creme Cookie Milk
8	9	10	11	12
Beef and Bean Burrito Whole Kernel Corn Green Beans Fresh Orange Milk Taco Sauce	Parmesan Chicken Northern Beans Winter Vegetable Blend Wheat Bread Seasonal Fruit Milk	Sliced Turkey Breast Sliced Cheese Lettuce   Tomato Green Pea Salad Wheat Bread (2) Lime Gelatin Milk Mustard	<b>~Mother's Day Meal~</b> Pork Roast Onion Gravy Garlic Whipped Potatoes Herbed Green Beans Wheat Bread Sugar Cookie Milk	Swedish Meatballs Whipped Potatoes Dilled Carrots Wheat Bread Oatmeal Creme Cookie Milk
15	16	17	18	19
Swiss Steak Whipped Potatoes Broccoli Wheat Bread Chocolate Coconut Pudding Milk	Sloppy Joe Whole Kernel Corn Parslied Carrots Hamburger Bun Seasonal Fruit Milk	Cranberry Dijon Chicken Parslied Potatoes Green Beans Wheat Bread Cherry Gelatin Milk	Ham and White Beans Stewed Tomatoes Mixed Greens Cornbread Muffin Carnival Cookie Milk	Herb Crusted Pork Black-eyed Peas Brussels Sprouts Wheat Bread Rice Krispie Treat Milk
22	23	24	25	26
Chicken Patty Poultry Gravy Steamed Rice Glazed Carrots Cranberry Juice Wheat Bread Chocolate Pudding Milk	Sausage Jambalaya Mixed Beans Cabbage Wheat Bread Fresh Orange Milk	Hamburger Patty Lettuce   Tomato Baked Beans Hamburger Bun Hot Rosy Applesauce Milk Mustard	<b>~Memorial Day Meal~</b> Sausage w/Onions & Peppers Ranch Beans Broccoli Hot Dog Bun Sugar Cookie Milk Mustard	<b>~Birthday Celebration~</b> Mozzarella Chicken Corn O'Brien Spring Vegetable Blend Wheat Bread Birthday Cake Milk
29	30	31		
<b>Closed for Holiday</b>	Meat Spaghetti Sauce Penne Pasta Italian Vegetable Blend Herbed Green Peas Wheat Bread Lemon Gelatin Milk	Sliced Ham Swiss Cheese Beet Salad Cucumber Salad Wheat Bread (2) Seasonal Fruit Milk Mustard		

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# Northwest Louisiana Consortium

## June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>TRIO Community Meals an elior company</p>			1	2
			Sesame Chicken Glazed Carrots Japanese Vegetable Blend Wheat Bread Chocolate Chip Cookie Milk	Baked Meatballs Onion Gravy Whipped Potatoes Brussels Sprouts Wheat Bread Oatmeal Creme Cookie Milk
	5	6	7	8
	Country Fried Steak Country Gravy Ranch Potatoes Okra and Tomatoes Wheat Bread Mississippi Mud Pudding Milk	Meat Italian Macaroni Sliced Carrots Garden Vegetable Blend Wheat Bread Seasonal Fruit Milk	Hamburger Patty Lettuce   Tomato Baked Beans Hamburger Bun Hot Rosy Applesauce Milk Mustard	Pork Roast Brown Gravy Mixed Beans Cabbage Cornbread Muffin Peanut Butter Cookie Milk
	12	13	14	15
Teriyaki Chicken Fried Rice Ginger Carrots Cranberry Juice Wheat Bread Fortune Cookie Milk	Beef Santa Fe Stew Cheesy Whipped Potatoes Green Beans Wheat Bread Fresh Orange Milk	Fajita Chicken Pinto Beans Fiesta Vegetable Blend Flour Tortilla Cherry Gelatin Milk Taco Sauce	<i>~Father's Day Meal~</i> BBQ Beef Baked Beans Brussels Sprouts and Corn Hamburger Bun Oatmeal Cookie Milk	Sliced Ham Black-eyed Peas Collard Greens Cornbread Muffin Fudge Creme Cookie Milk
19	20	21	22	23
Beef and Bean Burrito Whole Kernel Corn Green Beans Fresh Orange Milk Taco Sauce	Parmesan Chicken Northern Beans Winter Vegetable Blend Wheat Bread Seasonal Fruit Milk	Sliced Turkey Breast Sliced Cheese Lettuce   Tomato Green Pea Salad Wheat Bread (2) Lime Gelatin Milk Mustard	Pork Rib Patty Baked Beans Cabbage Wheat Bread Sugar Cookie Milk	Swedish Meatballs Whipped Potatoes Dilled Carrots Wheat Bread Oatmeal Creme Cookie Milk
26	27	28	29	30
Swiss Steak Whipped Potatoes Broccoli Wheat Bread Chocolate Coconut Pudding Milk	Sloppy Joe Whole Kernel Corn Parslied Carrots Hamburger Bun Seasonal Fruit Milk	Cranberry Dijon Chicken Parslied Potatoes Green Beans Wheat Bread Cherry Gelatin Milk	Ham and White Beans Stewed Tomatoes Mixed Greens Cornbread Muffin Carnival Cookie Milk	<i>~Birthday Celebration~</i> Herb Crusted Pork Black-eyed Peas Brussels Sprouts Wheat Bread Birthday Cake Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ham and Northern Beans Stewed Tomatoes Mixed Greens Wheat Bread Rice Krispie Treat Milk
4 <i>Closed for Holiday</i>	5 Chicken Salad Lettuce   Tomato Green Pea Salad Wheat Bread (2) Seasonal Fruit Milk	6 Sliced Ham Mixed Beans Cabbage Dinner Roll Fruited Lemon Gelatin Milk	7 Garlic Rosemary Chicken Chicken Gravy Peas and Carrots California Vegetables Wheat Bread Oatmeal Cookie Milk	8 Beef Stew Country Potatoes Green Beans Wheat Bread Fudge Crème Cookie Milk
11 BBQ Beef Cheesy Whipped Potatoes Broccoli Hamburger Bun Chocolate Chip Pudding Milk	12 Turkey Spaghetti Sauce Penne Pasta Whole Kernel Corn Italian Vegetables Wheat Bread Seasonal Fruit Milk	13 Chicken Gumbo Buttered Rice Green Beans Cranberry Juice Saltine Crackers Cherry Gelatin Milk	14 Pork Roast Brown Gravy Succotash Collard Greens Cornbread Muffin Chocolate Chip Cookie Milk	15 Swiss Steak Brown Gravy Whipped Potatoes Summer Vegetables Wheat Bread Oatmeal Creme Cookie Milk
18 Turkey Italian Macaroni Parslied Carrots Green Peas Wheat Bread Seasonal Fruit Milk	19 Sliced Turkey Breast w/Gravy Buttermilk Potatoes Green Beans w/Red Peppers Wheat Bread Chocolate Coconut Pudding Milk	20 Chef Salad Cucumber Tomato Salad Fluffy Fruit Salad Saltine Crackers Seasonal Fruit Milk Ranch Dressing	21 Fajita Chicken Pinto Beans Mexican Corn Flour Tortilla Sugar Cookie Milk	22 Salisbury Beef Brown Gravy Ranch Potatoes Brussel Sprouts Wheat Bread Rice Krispie Treat Milk
25 Creole Steak California Vegetables Glazed Carrots Wheat Bread Banana Pudding w/Wafers Milk	26 BBQ Chicken Scalloped Potatoes Green Beans Hamburger Bun Seasonal Fruit Milk	27 Sausage and Pinto Beans Steamed Rice Spinach Orange Juice Wheat Bread Orange Gelatin Milk	28 Herb Crusted Pork Onion Gravy Black-Eyed Peas Cabbage Wheat Bread Peanut Butter Cookie Milk	29 ~ <i>Birthday Celebration</i> ~ Turkey Chili with Beans Corn O'Brien Spring Vegetables Saltine Crackers Birthday Cake Milk

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# Northwest Louisiana Consortium

## August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Breaded Chicken Patty Country Gravy Brussel Sprouts Whole Kernel Corn Wheat Bread Seasonal Fruit Milk	<b>2</b> Pineapple Glazed Ham Parslied Potatoes Broccoli Wheat Bread Rocky Road Pudding Milk	<b>3</b> Beef Patty Lettuce   Tomato Baked Beans Wheat Hamburger Bun Hot Rosy Applesauce Milk Ketchup	<b>4</b> Pork Rib Patty Tater Tot Casserole Fiesta Vegetables Wheat Bread Oatmeal Cookie Milk	<b>5</b> Beef Italiano Parslied Carrots Venetian Vegetables Wheat Bread Fudge Creme Cookie Milk
<b>8</b> Meatloaf Brown Gravy Whipped Potatoes Green Beans Wheat Bread Chocolate Pudding Milk	<b>9</b> Smoked Sausage Ranch Beans Sliced Carrots Hot Dog Bun Seasonal Fruit Milk Mustard	<b>10</b> Sliced Turkey Breast Swiss Cheese Lettuce   Tomato Broccoli Salad Wheat Bread (2) Lime Gelatin Milk Mayonnaise	<b>11</b> Ham and Northern Beans Okra and Tomatoes Cabbage Cornbread Muffin Carnival Cookie Milk	<b>12</b> Confetti Chicken Garlic Whipped Potatoes Green Peas Wheat Bread Graham Crackers Milk
<b>15</b> Turkey Sloppy Joe Tater Gems Whole Kernel Corn Wheat Hamburger Bun Fresh Orange Milk	<b>16</b> Chicken Salad Lettuce   Tomato Green Pea Salad Wheat Bread (2) Seasonal Fruit Milk	<b>17</b> Sliced Ham Mixed Beans Cabbage Dinner Roll Fruited Lemon Gelatin Milk	<b>18</b> Garlic Rosemary Chicken Chicken Gravy Peas and Carrots California Vegetables Wheat Bread Oatmeal Cookie Milk	<b>19</b> Beef Stew Country Potatoes Green Beans Wheat Bread Fudge Crème Cookie Milk
<b>22</b> BBQ Beef Cheesy Whipped Potatoes Broccoli Hamburger Bun Chocolate Chip Pudding Milk	<b>23</b> Turkey Spaghetti Sauce Penne Pasta Whole Kernel Corn Italian Vegetables Wheat Bread Seasonal Fruit Milk	<b>24</b> Chicken Gumbo Buttered Rice Green Beans Cranberry Juice Saltine Crackers Cherry Gelatin Milk	<b>25</b> Pork Roast Brown Gravy Succotash Collard Greens Cornbread Muffin Chocolate Chip Cookie Milk	<b>26</b> <i>~Birthday Celebration~</i> Swiss Steak Brown Gravy Whipped Potatoes Summer Vegetables Wheat Bread Birthday Cake Milk
<b>29</b> Turkey Italian Macaroni Parslied Carrots Green Peas Wheat Bread Seasonal Fruit Milk	<b>30</b> Sliced Turkey Breast w/Gravy Buttermilk Potatoes Green Beans w/Red Peppers Wheat Bread Chocolate Coconut Pudding Milk	<b>31</b> Chef Salad Cucumber Tomato Salad Fluffy Fruit Salad Saltine Crackers Seasonal Fruit Milk Ranch Dressing		 <b>TRIO</b> Community Meals an elior company

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# Northwest Louisiana Consortium

## September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>TRIO</b> Community Meals an elior company</p>			1	2
			<b>~ Labor Day ~</b> Beef Frank Cheesy Potatoes Ranch Beans Hot Dog Bun Sugar Cookie Milk Ketchup	Salisbury Beef Brown Gravy Ranch Potatoes Brussel Sprouts Wheat Bread Rice Krispie Treat Milk
5	6	7	8	9
<i>Closed for Holiday</i>	BBQ Chicken Scalloped Potatoes Green Beans Hamburger Bun Seasonal Fruit Milk	Sausage and Pinto Beans Steamed Rice Spinach Orange Juice Wheat Bread Orange Gelatin Milk	Herb Crusted Pork Onion Gravy Black-Eyed Peas Cabbage Wheat Bread Peanut Butter Cookie Milk	Turkey Chili with Beans Corn O'Brien Spring Vegetables Saltine Crackers Oatmeal Creme Cookie Milk
12	13	14	15	16
Breaded Chicken Patty Country Gravy Brussel Sprouts Whole Kernel Corn Wheat Bread Seasonal Fruit Milk	Pineapple Glazed Ham Parslied Potatoes Broccoli Wheat Bread Rocky Road Pudding Milk	Beef Patty Lettuce   Tomato Baked Beans Wheat Hamburger Bun Hot Rosy Applesauce Milk Ketchup	Pork Rib Patty Tater Tot Casserole Fiesta Vegetables Wheat Bread Oatmeal Cookie Milk	Beef Italiano Parslied Carrots Venetian Vegetables Wheat Bread Fudge Creme Cookie Milk
19	20	21	22	23
Meatloaf Brown Gravy Whipped Potatoes Green Beans Wheat Bread Chocolate Pudding Milk	Smoked Sausage Ranch Beans Sliced Carrots Hot Dog Bun Seasonal Fruit Milk Mustard	Sliced Turkey Breast Swiss Cheese Lettuce   Tomato Broccoli Salad Wheat Bread (2) Lime Gelatin Milk Mayonnaise	Ham and Northern Beans Okra and Tomatoes Cabbage Cornbread Muffin Carnival Cookie Milk	Confetti Chicken Garlic Whipped Potatoes Green Peas Wheat Bread Graham Crackers Milk
26	27	28	29	30
Turkey Sloppy Joe Tater Gems Whole Kernel Corn Wheat Hamburger Bun Fresh Orange Milk	Chicken Salad Lettuce   Tomato Green Pea Salad Wheat Bread (2) Seasonal Fruit Milk	Sliced Ham Mixed Beans Cabbage Dinner Roll Fruited Lemon Gelatin Milk	Garlic Rosemary Chicken Chicken Gravy Peas and Carrots California Vegetables Wheat Bread Oatmeal Cookie Milk	<b>~ Birthday Celebration ~</b> Beef Stew Country Potatoes Green Beans Wheat Bread Birthday Cake Milk

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