

Northwest Louisiana Consortium Frozen Menu July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>TRIO Community Meals an elior company</p>			1	2
			Barbecue Chicken O'Brien Potatoes Baked Beans Hamburger Bun Carnival Cookie Milk	Swedish Meatballs Cheesy Whipped Potatoes Green Peas Dinner Roll Birthday Cake Milk Margarine
5	6	7	8	9
<i>Closed for Holiday</i>	Chicken Salad Lettuce Tomato Green Pea Salad Wheat Bread (2) Seasonal Fruit Milk	Sliced Ham Butter Beans Cabbage Corn Muffin Fruited Lemon Gelatin Milk Margarine	Garlic Rosemary Chicken Chicken Gravy Peas and Carrots California Vegetables Dinner Roll Oatmeal Cookie Milk Margarine	Ham and White Beans Stewed Tomatoes Tangy Spinach Corn Muffin Rice Krispie Treat Milk Margarine
12	13	14	15	16
BBQ Beef Crispy Cubed Potatoes Broccoli Hamburger Bun Seasonal Fruit Milk	Chicken Alfredo Whole Kernel Corn Diced Carrots Texas Bread Fresh Banana Milk Margarine	Chicken Gumbo Buttered Rice Green Beans Cranberry Juice Saltine Crackers Pineapple Tidbits Milk Margarine	Pork Roast Brown Gravy Spinach Cauliflower Wheat Bread Chocolate Chip Cookie Milk Margarine	Salisbury Beef Brown Gravy Ranch Potatoes Green Beans Wheat Bread Fudge Creme Cookie Milk Margarine
19	20	21	22	23
Sliced Turkey Breast Turkey Gravy Cut Yams Green Beans w/Red Peppers Wheat Bread Vanilla Pudding Milk Margarine	Beef Italian Macaroni Parslied Carrots Green Peas Texas Bread Seasonal Fruit Milk Margarine	Chef Salad Cucumber Tomato Salad Fluffy Fruit Salad Saltine Crackers Cherry Gelatin Milk Ranch Dressing	Beef Stew Country Potatoes Brussel Sprouts Dinner Roll Sugar Cookie Milk Margarine	Swiss Steak Brown Gravy Whipped Potatoes Summer Vegetables Wheat Bread Oreo Cookies Milk Margarine
26	27	28	29	30
Creole Steak Green Beans Glazed Carrots Texas Bread Banana Pudding w/Wafers Milk Margarine	Breaded Chicken Patty Scalloped Potatoes Fiesta Vegetables Hamburger Bun Seasonal Fruit Milk Mayonnaise	Sausage and Pinto Beans Steamed Rice Spinach Orange Juice Corn Muffin Orange Gelatin Milk Margarine	Herb Crusted Pork Onion Gravy Black-eyed Peas Broccoli Dinner Roll Peanut Butter Cookie Milk Margarine	Chicken A La King Fiesta Vegetables Whole Kernel Corn Wheat Bread Birthday Cake Milk Margarine

Kim Dommert RD, LD

Northwest Louisiana Consortium

Frozen Menu

August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Pineapple Glazed Ham Scalloped Potatoes Broccoli Dinner Roll Mississippi Mud Pudding Milk Margarine	Vegetable Bean Stew Brussel Sprouts Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine	Beef Patty Lettuce Tomato Baked Beans Wheat Hamburger Bun Hot Spiced Fruit Milk Ketchup	Pork Rib Patty Tater Tot Casserole Fiesta Vegetables Wheat Bread Oatmeal Cookie Milk Margarine	Beef Chili with Beans Corn O'Brien Spring Vegetables Saltine Crackers Oatmeal Creme Cookie Milk Margarine
9	10	11	12	13
Meatloaf Tomato Gravy Whipped Potatoes Green Beans Wheat Bread Chocolate Coconut Pudding Milk Margarine	Smoked Sausage O'Brien Potatoes Peas and Carrots Hot Dog Bun Seasonal Fruit Milk Mustard Ketchup	Sliced Turkey Breast Swiss Cheese Lettuce Tomato Carrot Slaw Wheat Bread (2) Lime Gelatin Milk Mayonnaise	Ham and White Beans Okra and Tomatoes Cabbage Corn Muffin Carnival Cookie Milk Margarine	Beef Italiano Parslied Carrots Venetian Vegetables Texas Bread Graham Crackers Milk Margarine
16	17	18	19	20
Sliced Roast Beef Au Jus Gravy Whole Kernel Corn Black-eyed Peas Wheat Bread Mandarin Oranges Milk Margarine	Chicken Salad Lettuce Tomato Green Pea Salad Wheat Bread (2) Seasonal Fruit Milk	Sliced Ham Butter Beans Cabbage Corn Muffin Fruited Lemon Gelatin Milk Margarine	Garlic Rosemary Chicken Chicken Gravy Peas and Carrots California Vegetables Dinner Roll Oatmeal Cookie Milk Margarine	Confetti Chicken Garlic Whipped Potatoes Broccoli Wheat Bread Fudge Creme Cookie Milk Margarine
23	24	25	26	27
BBQ Beef Crispy Cubed Potatoes Broccoli Hamburger Bun Seasonal Fruit Milk	Chicken Alfredo Whole Kernel Corn Diced Carrots Texas Bread Fresh Banana Milk Margarine	Chicken Gumbo Buttered Rice Green Beans Cranberry Juice Saltine Crackers Pineapple Tidbits Milk Margarine	Pork Roast Brown Gravy Spinach Cauliflower Wheat Bread Chocolate Chip Cookie Milk Margarine	Salisbury Beef Brown Gravy Ranch Potatoes Green Beans Wheat Bread Fudge Creme Cookie Milk Margarine
30	31			
Sliced Turkey Breast Turkey Gravy Cut Yams Green Beans w/Red Peppers Wheat Bread Vanilla Pudding Milk Margarine	Beef Italian Macaroni Parslied Carrots Green Peas Texas Bread Seasonal Fruit Milk Margarine			 <p>TRIO Community Meals an elior company</p>

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Frozen Menu

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chef Salad Cucumber Tomato Salad Fluffy Fruit Salad Saltine Crackers Cherry Gelatin Milk Ranch Dressing	Beef Frank Cheesy Potatoes Green Beans w/Red Peppers Hot Dog Bun Fresh Orange Milk Mustard Ketchup	Swiss Steak Brown Gravy Whipped Potatoes Summer Vegetables Wheat Bread Birthday Cake Milk Margarine
6	7	8	9	10
<i>Closed for Holiday</i>	Breaded Chicken Patty Scalloped Potatoes Fiesta Vegetables Hamburger Bun Seasonal Fruit Milk Mayonnaise	Sausage and Pinto Beans Steamed Rice Spinach Orange Juice Corn Muffin Orange Gelatin Milk Margarine	Herb Crusted Pork Onion Gravy Black-eyed Peas Broccoli Dinner Roll Peanut Butter Cookie Milk Margarine	Chicken A La King Fiesta Vegetables Whole Kernel Corn Wheat Bread Rice Krispie Treat Milk Margarine
13	14	15	16	17
Pineapple Glazed Ham Scalloped Potatoes Broccoli Dinner Roll Mississippi Mud Pudding Milk Margarine	Vegetable Bean Stew Brussel Sprouts Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine	Beef Patty Lettuce Tomato Baked Beans Wheat Hamburger Bun Hot Spiced Fruit Milk Ketchup	Pork Rib Patty Tater Tot Casserole Fiesta Vegetables Wheat Bread Oatmeal Cookie Milk Margarine	Beef Chili with Beans Corn O'Brien Spring Vegetables Saltine Crackers Oatmeal Creme Cookie Milk Margarine
20	21	22	23	24
Meatloaf Tomato Gravy Whipped Potatoes Green Beans Wheat Bread Chocolate Coconut Pudding Milk Margarine	Smoked Sausage O'Brien Potatoes Peas and Carrots Hot Dog Bun Seasonal Fruit Milk Mustard Ketchup	Sliced Turkey Breast Swiss Cheese Lettuce Tomato Carrot Slaw Wheat Bread (2) Lime Gelatin Milk Mayonnaise	Ham and White Beans Okra and Tomatoes Cabbage Corn Muffin Carnival Cookie Milk Margarine	Beef Italiano Parslied Carrots Venetian Vegetables Texas Bread Graham Crackers Milk Margarine
27	28	29	30	
Sliced Roast Beef Au Jus Gravy Whole Kernel Corn Black-eyed Peas Wheat Bread Mandarin Oranges Milk Margarine	Chicken Salad Lettuce Tomato Green Pea Salad Wheat Bread (2) Seasonal Fruit Milk	Sliced Ham Butter Beans Cabbage Corn Muffin Fruited Lemon Gelatin Milk Margarine	Garlic Rosemary Chicken Chicken Gravy Peas and Carrots California Vegetables Dinner Roll Oatmeal Cookie Milk Margarine	 <p>TRIO Community Meals an elior company</p>

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