

# Northwest Louisiana Consortium

## Frozen Menu

### October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Confetti Chicken Garlic Whipped Potatoes Broccoli Wheat Bread Birthday Cake Milk Margarine
4	5	6	7	8
Swiss Steak Lima Beans Glazed Carrots Wheat Bread Lime Gelatin Milk Margarine	Sausage Jambalaya Whole Kernel Corn Green Beans Dinner Roll Seasonal Fruit Milk Margarine	Cranberry Dijon Chicken Delmonico Potatoes Green Peas Wheat Bread Mandarin Oranges Milk Margarine	Ham and Lima Beans Stewed Tomatoes Cabbage Corn Muffin Chocolate Chip Cookie Milk Margarine	Salisbury Beef Brown Gravy Ranch Potatoes Green Beans Wheat Bread Fudge Crème Cookie Milk Margarine
11	12	13	14	15
Salisbury Steak Whipped Potatoes Sliced Carrots Wheat Bread Mississippi Mud Pudding Milk Margarine	Parmesan Chicken Rosemary Potatoes Green Beans Wheat Bread Fresh Orange Milk Margarine	Beef Patty Lettuce   Tomato   Onion Tater Tot Casserole Hamburger Bun Hot Pineapple Tidbits Milk Mustard Ketchup	Turkey Breast with Gravy Cut Yams Brussel Sprouts and Corn Dinner Roll Peanut Butter Cookie Milk Margarine	Taco Meat Pinto Beans Fiesta Vegetable Blend Flour Tortilla Fudge Creme Cookie Milk Taco Sauce
18	19	20	21	22
Meatloaf Brown Gravy Garlic Whipped Potatoes Spinach Corn Muffin Vanilla Pudding Milk Margarine	Beef Frank Baked Pinto Beans Tater Gems Hot Dog Bun Fresh Orange Milk Mustard	Chicken Gumbo Steamed Rice Green Peas Cranberry Juice Saltine Crackers Cherry Gelatin Milk	Savory Chicken Red Mashed Potatoes Japanese Vegetable Blend Wheat Bread Sugar Cookie Milk Margarine	Beef Stew Whipped Potatoes Spring Vegetable Blend Wheat Bread Oatmeal Creme Cookie Milk Margarine
25	26	27	28	29
Creole Steak Cheesy Whipped Potatoes Mixed Vegetables Wheat Bread Chocolate Chip Pudding Milk Margarine	Smoked Sausage Red Kidney Beans Carrots Hot Dog Bun Seasonal Fruit Milk Mustard	Sloppy Joe Ranch Potatoes Mixed Beans Hamburger Bun Orange Gelatin Milk	Beef Chili with Beans Crispy Cubed Potatoes Shredded Cheese Whole Kernel Corn Saltine Crackers Carnival Cookie Milk Margarine	Beef Italiano Succotash Broccoli Wheat Bread Birthday Cake Milk Margarine

*Kim Dommert RD, LD*

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### November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Baked Meatballs Tomato Sauce Spaghetti Noodles Green Beans Garden Vegetable Blend Garlic Texas Toast Chocolate Pudding Milk	BBQ Chicken Breast Baked Beans Tuscany Vegetable Blend Wheat Bread Fresh Orange Milk Margarine	Beef and Bean Burrito Corn O'Brien Carrots Lemon Gelatin Milk Taco Sauce	Pork Roast Raisin Sauce Lima Beans Broccoli Wheat Bread Peanut Butter Cookie Milk Margarine	Chicken Cacciatore Italian Vegetable Blend Green Peas with Red Peppers Dinner Roll Rice Krispie Treat Milk Margarine
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Lemon Pepper Chicken Chicken Gravy Country Potatoes Brussel Sprouts Biscuit Applesauce Milk Margarine	Beef Frank Baked Beans Glazed Carrots Hot Dog Bun Seasonal Fruit Milk Mustard	Beef Chili with Beans Steamed Rice California Vegetable Blend Apple Juice Saltine Crackers Banana Pudding w/Wafers Milk	BBQ Pork Rib Patty Ranch Beans Stewed Tomatoes Hamburger Bun Sugar Cookie Milk	Ham and Northern Beans Steamed Rice Spinach Orange Juice Corn Muffin Oatmeal Creme Cookie Milk Margarine
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Swiss Steak Lima Beans Glazed Carrots Wheat Bread Lime Gelatin Milk Margarine	Sausage Jambalaya Whole Kernel Corn Green Beans Dinner Roll Seasonal Fruit Milk Margarine	Cranberry Dijon Chicken Delmonico Potatoes Green Peas Wheat Bread Mandarin Oranges Milk Margarine	Ham and Lima Beans Stewed Tomatoes Cabbage Corn Muffin Chocolate Chip Cookie Milk Margarine	Country Fried Steak Country Gravy Garlic Whipped Potatoes Capri Vegetable Blend Texas Bread Fudge Creme Cookie Milk Margarine
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Salisbury Steak Whipped Potatoes Sliced Carrots Wheat Bread Mississippi Mud Pudding Milk Margarine	Parmesan Chicken Rosemary Potatoes Green Beans Wheat Bread Fresh Orange Milk Margarine	Turkey Breast with Gravy Cranberry Sauce Mashed Spiced Yams Green Beans w/Red Peppers Dinner Roll Carrot Raisin Cake Milk Margarine	Sliced Ham Cut Yams Brussel Sprouts and Corn Dinner Roll Peanut Butter Cookie Milk Margarine	Taco Meat Pinto Beans Fiesta Vegetable Blend Flour Tortilla Birthday Cake Milk Taco Sauce
<b>29</b>	<b>30</b>			
Meatloaf Brown Gravy Garlic Whipped Potatoes Spinach Corn Muffin Vanilla Pudding Milk Margarine	Beef Frank Baked Pinto Beans Tater Gems Hot Dog Bun Fresh Orange Milk Mustard			 <p><b>TRIO</b> Community Meals an elior company</p>

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## Frozen Menu

### December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
 <p>TRIO Community Meals an elior company</p>		Chicken Gumbo Steamed Rice Green Peas Cranberry Juice Saltine Crackers Cherry Gelatin Milk	Savory Chicken Red Mashed Potatoes Japanese Vegetable Blend Wheat Bread Sugar Cookie Milk Margarine	Beef Stew Whipped Potatoes Spring Vegetable Blend Wheat Bread Oatmeal Creme Cookie Milk Margarine
6	7	8	9	10
Creole Steak Cheesy Whipped Potatoes Mixed Vegetables Wheat Bread Chocolate Chip Pudding Milk Margarine	Smoked Sausage Red Kidney Beans Carrots Hot Dog Bun Seasonal Fruit Milk Mustard	Sloppy Joe Ranch Potatoes Mixed Beans Hamburger Bun Orange Gelatin Milk	Glazed Ham Mashed Spiced Yams Green Beans with Onions Biscuit Carnival Cookie Milk Margarine	Beef Italiano Succotash Broccoli Wheat Bread Fudge Crème Cookie Milk Margarine
13	14	15	16	17
Baked Meatballs Tomato Sauce Spaghetti Noodles Green Beans Garden Vegetable Blend Garlic Texas Toast Chocolate Pudding Milk	BBQ Chicken Breast Baked Beans Tuscany Vegetable Blend Wheat Bread Fresh Orange Milk Margarine	Beef and Bean Burrito Corn O'Brien Carrots Lemon Gelatin Milk Taco Sauce	Pork Roast Raisin Sauce Lima Beans Broccoli Wheat Bread Peanut Butter Cookie Milk Margarine	Chicken Cacciatore Italian Vegetable Blend Green Peas with Red Peppers Dinner Roll Rice Krispie Treat Milk Margarine
20	21	22	23	24
Lemon Pepper Chicken Chicken Gravy Country Potatoes Brussel Sprouts Biscuit Applesauce Milk Margarine	Beef Frank Baked Beans Glazed Carrots Hot Dog Bun Seasonal Fruit Milk Mustard	Beef Chili with Beans Steamed Rice California Vegetable Blend Apple Juice Saltine Crackers Banana Pudding w/Wafers Milk	Pork Roast Brown Gravy Whipped Potatoes Green Peas Dinner Roll Applesauce Cake Milk Margarine	Ham and Northern Beans Steamed Rice Spinach Orange Juice Corn Muffin Birthday Cake Milk Margarine
27	28	29	30	31
Swiss Steak Lima Beans Glazed Carrots Wheat Bread Lime Gelatin Milk Margarine	Sausage Jambalaya Whole Kernel Corn Green Beans Dinner Roll Seasonal Fruit Milk Margarine	Cranberry Dijon Chicken Delmonico Potatoes Green Peas Wheat Bread Mandarin Oranges Milk Margarine	Sliced Ham Red Eye Gravy Black-eyed Peas Cabbage Corn Muffin Chocolate Chip Cookie Milk Margarine	Country Fried Steak Country Gravy Garlic Whipped Potatoes Capri Vegetable Blend Texas Bread Fudge Creme Cookie Milk Margarine

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