



St. Charles COA

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1				
 TRIO Community Meals Nourishment through compassionate care.	<i>Menu follows state guidelines for nutrients.</i>	<i>Closed for Holiday</i>		
		Meatloaf Brown Gravy Ranch Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Crème Cookie Milk Salad Dressing - 2	
6				
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine	Bowtie Lasagna Whole Kernel Corn Green Beans Dinner Roll Marble Cake Milk Margarine	Chicken Tenders Garlic Whipped Potatoes Brussels Sprouts Dinner Roll Chocolate Swirl Pudding Milk BBQ Sauce	Salisbury Steak Northern Beans Parslied Carrots Wheat Bread Seasonal Fruit Chocolate Milk Margarine	~ Chinese New Year ~ Sweet & Sour Chicken Fried Rice Japanese Vegetables Wheat Bread Seasonal Fruit 100% Fruit Juice Milk Margarine
13				
Hawaiian Glazed Chicken Baked Sweet Potato Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk Margarine	Meatloaf Brown Gravy Whipped Potatoes Sliced Carrots Texas Bread Seasonal Fruit Milk Margarine	Chicken & Sausage Gumbo Steamed Rice Garden Vegetables Saltine Crackers Cinnamon Cake 100% Fruit Juice Milk Margarine	Glazed Ham Black-eyed Peas Cabbage Cornbread Chocolate Pudding Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Broccoli Raisin Salad Saltine Crackers Milk Graham Crackers Salad Dressing - 2 Margarine
20				
<i>Closed for Holiday</i>				
	Baked Meatballs Brown Gravy Twice Whipped Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	BBQ Riblet Delmonico Potatoes Cabbage Cornbread Seasonal Fruit Milk Margarine	Beef Patty Ranch Beans Lettuce Tomato Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup	~ Birthday Celebration ~ Oven Fried Chicken Mashed Red Potatoes Summer Vegetables Wheat Bread Birthday Cake Milk Margarine
27				
Creole Steak Whipped Potatoes Broccoli Florets Dinner Roll Seasonal Fruit Milk Margarine	Smothered Chicken Mixed Beans Mixed Greens Wheat Bread Strawberry Cake Milk Margarine	Meatballs/Spaghetti Sauce Spaghetti Noodles Green Beans Texas Bread Graham Crackers 100% Fruit Juice Milk Margarine	Pork Roast Brown Gravy Northern Beans Cabbage Cornbread Rice Krispie Treat Milk Margarine	Chicken & Sausage Jambalaya Sliced Carrots Brussels Sprouts Wheat Bread Seasonal Fruit Milk Margarine
31				

Kim Dommert RD, LD