



# St. Charles COA

## April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Meatloaf Brown Gravy Lima Beans Sliced Carrots Texas Bread Seasonal Fruit Milk Margarine	Baked Chicken Poultry Gravy Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Beef Patty Baked Beans Lettuce   Tomato Hamburger Bun Hot Mixed Fruit Chocolate Milk Ketchup	Sliced Ham Oven Roasted Potatoes Cabbage Cornbread Chocolate Pudding Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Broccoli Raisin Salad Saltine Crackers Cinnamon Cake Milk Salad Dressing
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Smoked Sausage Red Kidney Beans Parslied Rice Spring Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine	Chicken Tenders Garlic Whipped Potatoes Peas and Carrots Wheat Bread Marble Cake Milk Margarine Ketchup	Bowtie Lasagna Green Beans Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine	Pork Roast with Gravy Parslied Rice Turnip Greens 100% Fruit Juice Cornbread Fudge Creme Cookie Milk Margarine	Oven Fried Chicken Mixed Beans Brussels Sprouts Dinner Roll Seasonal Fruit Milk Margarine
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Salisbury Beef Brown Gravy Northern Beans Sliced Carrots Wheat Bread Seasonal Fruit Milk Margarine	Cheese Omelet Sausage Patty O'Brien Potatoes 100% Fruit Juice Biscuit Graham Crackers Milk Margarine	Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Wheat Bread Seasonal Fruit Milk Margarine	Chicken and Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Hot Cinnamon Applesauce Chocolate Milk	Glazed Ham Black-eyed Peas Cabbage Cornbread Chocolate Swirl Pudding Milk Margarine
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Smoked Sausage Red Kidney Beans Parslied Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine	Baked Meatballs Brown Gravy Delmonico Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Taco Meat Lettuce   Tomato Pinto Beans Whole Kernel Corn Flour Tortilla Seasonal Fruit Milk Taco Sauce	Sliced Turkey Breast Poultry Gravy Ranch Potatoes Green Peas Dinner Roll Mississippi Mud Pudding Milk Margarine	<i>~ Birthday Celebration ~</i> Chicken and Sausage Jambalaya Parslied Carrots Brussels Sprouts Wheat Bread Birthday Cake Milk Margarine
<b>29</b>	<b>30</b>			
Meatloaf Brown Gravy Lima Beans Sliced Carrots Texas Bread Seasonal Fruit Milk Margarine	Baked Chicken Poultry Gravy Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine			 <p><b>TRIO</b> Community Meals</p> <p><b>Nourishment through compassionate care.</b></p>

*Kim Dommert RD, LD*

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# plant-forward eating

GOOD  
FOR YOU  
AND THE  
PLANET

Are you looking to eat less meat and other animal products but concerned about not getting enough protein? Whether you skip or limit, your protein requirements can be easily met with a variety of plant-based foods and proper meal planning.

## PROTEIN REQUIREMENTS

Most people eat more protein than they need. To help preserve muscle mass, adults 65 years of age and older should consume 1.0 – 1.3 gm of protein per kilogram (kg) of body weight. (Divide body weight in pounds by 2.2 to get kg). Examples: A person who weighs 180 pounds needs 82 – 106 gm protein per day and a person who weighs 130 pounds needs 59 – 77 gm protein per day.

## PLANT-BASED PROTEIN MEETS PROTEIN NEEDS

All plant food sources provide protein and will add to total protein intake throughout the day. Bonus: plants provide other key nutrients like fiber and antioxidants and less unhealthy fats compared to animal foods.

EXAMPLE OF PROTEIN WITHIN A PLANT-BASED DIET	PROTEIN (GM)
<b>Breakfast:</b> 2 tbsp peanut butter + 1 small banana on whole grain toast + 8 oz glass of soy milk	23
<b>Lunch:</b> Salad with 2 cups spinach, ½ cup broccoli, ½ cup kidney beans, 1 oz almond slices, 1 cup quinoa, 2 tbsp dressing, + apple	29
<b>Snack:</b> ¼ cup hummus + ½ cup raw vegetables + 1 oz roasted pumpkin seeds	15
<b>Dinner:</b> Stir-fry with 4 oz tofu + 1.5 cup veggies + 1 cup soba noodles + 1 oz peanuts	30
<b>Total:</b>	<b>97 gm</b>

## GETTING STARTED

- **Include a variety of plant proteins within a balanced diet**, such as legumes, nuts, seeds, whole grains, tofu, tempeh, and edamame. While it is not necessary to combine specific plant foods at one meal, including a variety of plant protein sources over the day helps ensure you get all essential amino acids.
- **Consult a registered dietitian nutritionist (RDN)** to help you plan a well-balanced plant-based diet that meets your individual nutritional needs.

