



St. Charles COA

August 2025



Monday	Tuesday	Wednesday	Thursday	Friday
 Nourishment through compassionate care.	Menu follows state guidelines for nutrients.			1 Baked Chicken Poultry Gravy Ranch Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine
				8 BBQ Riblet Baked Sweet Potato Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine
4 Smoked Sausage Red Kidney Beans Steamed Rice Herbed Green Beans Dinner Roll Seasonal Fruit Milk Margarine	5 Sloppy Joe Mashed Red Potatoes Spring Vegetables Hamburger Bun White Cake Milk Margarine	6 Baked Chicken Breast Poultry Gravy Cabbage Glazed Carrots Dinner Roll Mississippi Mud Pudding Milk Margarine	7 Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Garlic Texas Bread Applesauce Milk	15 Pork Roast Brown Gravy Black-eyed Peas Mixed Greens Cornbread Seasonal Fruit Milk Margarine
11 Chicken Tenders Lima Beans Parslied Carrots Dinner Roll Mandarin Oranges Milk Ketchup	12 Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Breadstick Rice Krispie Treat Milk	13 Glazed Ham Cheesy Whipped Potatoes Broccoli Florets Dinner Roll Carrot Cake Milk Margarine	14 Chicken & Sausage Gumbo Steamed Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Banana Moon Pie Chocolate Milk Margarine	22 ~ Birthday Meal ~ Ham & White Beans Whole Kernel Corn Cabbage Texas Bread Birthday Cake Milk Margarine
18 Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	19 Hamburger Steak Brown Gravy Delmonico Potatoes Garden Vegetables Dinner Roll Pineapple Tidbits Milk Margarine	20 Chicken Chef Salad Cucumber Tomato Salad Fruit Salad Saltine Crackers Marble Cake Milk Salad Dressing	21 Smothered Meatballs Garlic Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	29 ~ Labor Day Meal ~ Beef Frank Hashbrown Casserole Creole Green Beans Hot Dog Bun Seasonal Fruit Milk Ketchup Relish
25 Meatloaf Tomato Gravy Whipped Potatoes Glazed Carrots Dinner Roll Seasonal Fruit Milk Margarine	26 Chicken & Sausage Jambalaya Whole Kernel Corn Brussels Sprouts Wheat Bread Spice Cake Milk Margarine	27 Cheese Omelet Sliced Ham O'Brien Potatoes 100% Fruit Juice Biscuit Graham Crackers Milk Margarine	28 Beef Patty Lettuce Tomato Ranch Beans Hamburger Bun Hot Mixed Fruit Chocolate Milk Ketchup	

Kim Dommert RD, LD

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meal prep

A GUIDE TOWARDS HEALTHY EATING



Planning and preparing nutritious meals ahead of time is a great way to stay on track to meet your healthy eating goals throughout the week!

Benefits of Meal Prepping

- ▶ Reduces Food Waste
- ▶ Promotes Healthier Choices
- ▶ Saves Money & Time
- ▶ Reduces Stress

Steps for Meal Prepping

Step 1: Plan Your Menu

- Find appealing, healthy recipes (cookbooks, websites)
- Include vegetables, fruits, lean protein, whole grains, legumes, and dairy or alternatives
- Follow the balanced plate: ½ veggies and fruits, ¼ protein, ¼ whole grains
- Plan 3 meals + 2 snacks daily
- Scale recipes for needed portions

Step 2: Create Shopping List

- Check your pantry and fridge for ingredients to use before buying more
- Make a list or use an app
- Review sales before shopping
- Stock up on spices, condiments, herbs
- Keep staple items on hand, such as fruits, vegetables, proteins, and whole grains

3: Prioritize Time

- Dedicate time to prepping food, even if only 5 minutes at a time
- Wash/chop produce; cook grains/proteins
- Make extra of staple ingredients for future use, such as whole grains or cooked chicken breast
- Portion food for the week

Step 4: Store Meals Properly

- Use clean, airtight containers with dates
- Refrigerate within 2 hours or freeze
- Reheat to 165°F minimum
- Most leftovers last 3–4 days (fridge), 2–3 months (freezer)
- When in doubt, throw it out!