



St. Charles COA

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 Nourishment through compassionate care.	Menu follows state guidelines for nutrients.	Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.	Closed for Holiday	1 Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Cream Cookie Milk Salad Dressing
5 Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	6 Beef Stroganoff Whole Kernel Corn Green Beans Texas Bread Pineapple Tidbits Milk Margarine	7 Chicken Tenders Garlic Whipped Potatoes Brussels Sprouts Dinner Roll Chocolate Swirl Pudding Milk Ketchup	8 Glazed Ham Black-eyed Peas Cabbage Cornbread Rice Krispie Treat Chocolate Milk Margarine	9 Crispy Pollock Crispy Cubed Potatoes Spring Vegetables Hamburger Bun Chocolate Moon Pie Milk Ketchup Tartar Sauce
12 Sloppy Joe Macaroni and Cheese Winter Vegetables 100% Fruit Juice Hamburger Bun Oatmeal Crème Cookie Milk	13 Pork Chop w/Gravy Whipped Potatoes Sliced Carrots Wheat Bread Mandarin Oranges Milk Margarine	14 Chicken & Sausage Gumbo Steamed Rice Okra and Tomatoes Potato Salad Saltine Crackers Sugar Cookie Milk	15 Ham and White Beans Steamed Rice Collard Green 100% Fruit Juice Cornbread Mississippi Mud Pudding Milk Margarine	16 Chicken Fried Steak Country Gravy Whipped Potatoes Green Peas Wheat Bread Diced Peaches Milk Margarine
19 Closed for Holiday	20 Smothered Meatballs Twice Whipped Potatoes Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	21 BBQ Pork Chop Whipped Sweet Potatoes Cabbage Cornbread Diced Pears Milk Margarine	22 Beef Patty Ranch Beans Lettuce Tomato Pickle Hamburger Bun Mixed Fruit Crisp Chocolate Milk Ketchup Mustard Mayonnaise	23 ~ <i>Birthday Meal</i> ~ Savory Chicken Mashed Red Potatoes Summer Vegetables Wheat Bread Birthday Cake Milk Margarine
26 Creole Steak Delmonico Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	27 Turkey Stew Steamed Rice Green Beans w/Peppers 100% Fruit Juice Wheat Bread Fudge Crème Cookie Milk Margarine	28 Spaghetti Sauce w/Meatballs Spaghetti Noodles Broccoli Florets Texas Bread Mixed Fruit 100% Fruit Juice Milk Margarine	29 Ham and Lima Beans Steamed Rice Mixed Greens 100% Fruit Juice Cornbread Rice Krispie Treat Milk Margarine	30 Chicken & Sausage Jambalaya Cauliflower Brussels Sprouts Wheat Bread Diced Peaches Milk Margarine

Kim Demarest RD, LD

NOURISH TO FLOURISH IN THE NEW YEAR

NUTRIENTS WORTH ADDING



As you step into the new year, focus on nourishment that helps you stay strong, active, and energized. Small, consistent choices—like adding more fiber, potassium, vitamin D, and omega-3s—support lasting health and help you feel your best every day.

Dietary Fiber

Functions: Supports heart and digestive health, including regularity

Sources: Whole grains, fruits, vegetables, beans, and popcorn

How much do you need?

21 g/day (women), 30 g/day (men)

Potassium

Functions: Helps your kidneys, heart, muscles, and nerves work properly

Sources: Leafy greens, beans, potatoes, avocado, yogurt, and bananas

How much do you need? 2,600 mg/day (women), 3,400 mg/day (men)

Omega-3s

Functions: Support heart, brain, and eye health

Sources: Fatty fish (like salmon and mackerel), flaxseed, chia seeds, and walnuts

How much do you need?

1–2 servings of fatty fish per week or include plant sources daily

Vitamin D

Functions: Supports bone and immune health

Sources: Salmon, trout, fortified milk or yogurt, UV-exposed mushrooms, fortified juice, and sunlight

How much do you need?

800 IU/day (male and female 70+)

Supplements may help if sunlight exposure is limited.



Everyday Habits that Help You Flourish

- Plan meals
- Build balanced meals
- Stay hydrated
- Eat the rainbow
- Don't skip meals
- Add foods, don't just subtract