



St. Charles COA

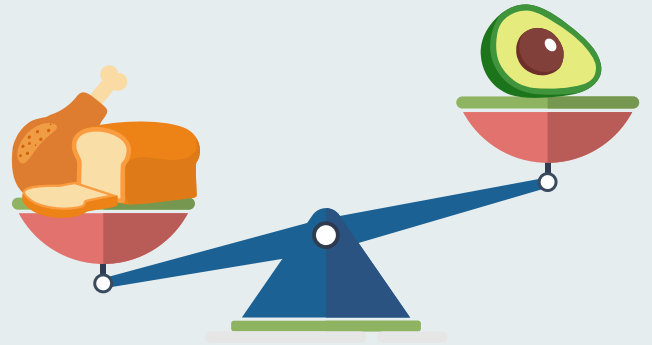
May 2026



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>Chicken & Sausage Jambalaya Parslied Carrots Brussels Sprouts Wheat Bread Star Crunch Milk Margarine</p>
<p>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.</p>				<p>Menu follows state guidelines for nutrients.</p>
4	5	6	7	8
<p>Swiss Steak Whipped Potatoes Glazed Carrots Dinner Roll Diced Pears Milk Margarine</p>	<p>Oven Fried Pork Chop Sweet Potato Wedges Green Peas Wheat Bread Seasonal Fruit Milk Margarine</p>	<p>Turkey Chef Salad Cucumber Tomato Salad Fruit Salad Saltine Crackers Sugar Cookie Milk Salad Dressing</p>	<p>Ham and White Beans Steamed Rice Collard Greens Cornbread Diced Peaches Milk Margarine</p>	<p>~Mother's Day Meal~ Smothered Chicken Twice Whipped Potatoes Broccoli Florets Texas Bread Applesauce Milk Margarine</p>
11	12	13	14	15
<p>Smoked Sausage Red Kidney Beans Parslied Rice Spring Vegetables Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>Chicken Tenders Macaroni and Cheese Green Peas 100% Fruit Juice Wheat Bread Peanut Butter Cookie Milk Margarine Ketchup</p>	<p>Bowtie Lasagna Glazed Carrots Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine</p>	<p>Pork Roast Brown Gravy Garlic Whipped Potatoes Spinach 100% Fruit Juice Cornbread Mandarin Oranges Milk Margarine</p>	<p>Sloppy Joe Baked Beans Coleslaw Hamburger Bun Mixed Fruit Crisp Milk</p>
19	19	20	21	22
<p>Salisbury Steak Steamed Rice Harvard Beets 100% Fruit Juice Dinner Roll Shortbread Cookies Milk Margarine</p>	<p>Pork Chop Brown Gravy Mashed Spiced Yams Rosemary Carrots Wheat Bread Seasonal Fruit Chocolate Milk Margarine</p>	<p>Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Bread Pudding Milk</p>	<p>Ham & Black-eyed Peas Steamed Rice Mustard Greens Cornbread Oatmeal Raisin Cookie Milk Margarine</p>	<p>~Memorial Day Meal~ Beef Frank Hot Dog Chili Hashbrown Casserole Ranch Beans Hot Dog Bun Birthday Cake Milk Mustard</p>
25	26	27	28	29
<p>Closed for Holiday</p>	<p>Southern Meatballs Delmonico Potatoes Green Beans Wheat Bread Applesauce Milk Margarine</p>	<p>Picante Chicken Pinto Beans Whole Kernel Corn Flour Tortilla Seasonal Fruit Milk</p>	<p>Sliced Turkey Breast Sliced American Cheese Lettuce Tomato Onion Pickle Coleslaw Wheat Bread Mississippi Mud Pudding Milk Mayonnaise</p>	<p>Chicken & Sausage Jambalaya Parslied Carrots Brussels Sprouts Wheat Bread Star Crunch Milk Margarine</p>

Kim Dommert RD, LD

MASTERING YOUR MACROS: THE BASICS OF BALANCED NUTRITION



Nutrition helps keep your body strong, your mind sharp, and your energy steady. Macronutrients—carbohydrates, protein, and fat—give your body the fuel it needs. Eating the right amount of each helps support healthy aging.

Carbohydrates Your Body's Main Energy Source

What they do: Give you energy for daily activities and help your brain and muscles work well.

Best choices: Whole grains, fruits, vegetables, beans, and lentils.

Why they matter for seniors: *Fiber-rich carbs help digestion and support heart health.*

Recommended amount: About 45–65% of total calories.

Protein Supports Muscles & Healing

What it does: Builds and repairs muscle and other tissues. Helps maintain strength, especially as we age.

Best choices: Fish, seafood, poultry, lean red meat, eggs, and tofu.

Senior tip: *Eating protein evenly throughout the day supports muscle maintenance.*

Recommended amount: About 10–35% of total calories.

Healthy Fats Good for Heart & Brain

What they do: Support brain function, protect organs, and help your body absorb vitamins.

Best choices: Avocados, nuts, seeds, olive or canola oil, and fatty fish.

Senior tip: *Choose unsaturated fats more often; limit saturated and trans fats.*

Recommended amount: About 20–35% of total calories.

**Most Foods Contain
More Than One Macro**

Examples

**Beans, lentils, quinoa,
milk, yogurt:**
carbs + protein

Nuts, seeds, salmon:
protein + healthy fats

Eating a variety of foods helps you get the benefits of all three.