



St. Charles COA

October 2025



Monday	Tuesday	Wednesday	Thursday	Friday
 Nourishment through compassionate care.	Menu follows state guidelines for nutrients.	1 Baked Chicken w/Gravy Cabbage Glazed Carrots Dinner Roll Mississippi Mud Pudding Milk Margarine	2 Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Garlic Texas Bread Applesauce Milk	3 BBQ Riblet Baked Sweet Potato Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine
6	7	8	9	10
Breakfast Sausage Hashbrown Casserole Grits 100% Fruit Juice Biscuit Graham Crackers Milk Margarine Jelly	Beef Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	Turkey Breast w/Gravy Lima Beans Brussels Sprouts Dinner Roll Banana Moon Pie Milk Margarine	Potato Crusted Pollock Macaroni & Cheese Glazed Carrots 100% Fruit Juice Wheat Bread Mandarin Oranges Milk Tartar Sauce	Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Creme Cookie Milk Salad Dressing
13	14	15	16	17
Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Shrimp Etouffee Steamed Rice Green Peas w/Peppers 100% Fruit Juice Wheat Bread Marble Pudding Milk Margarine	Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Pineapple Cobbler Chocolate Milk Ketchup	Pork Roast Onion Gravy Cheesy Whipped Potatoes Collard Greens Dinner Roll Vanilla Wafers Milk Margarine	Chicken & Sausage Jambalaya Mixed Beans Spring Vegetables Wheat Bread Sugar Cookie Milk Margarine
20	21	22	23	24
Smoked Sausage Red Kidney Beans Steamed Rice Garden Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	Meatballs w/Gravy Whipped Potatoes Green Peas Wheat Bread Mississippi Mud Pudding Milk Margarine	Chicken Cacciatore Penne Noodles Northern Beans 100% Fruit Juice Wheat Bread Chocolate Moon Pie Milk Margarine	Turkey Burger Lettuce Tomato Onion Sweet Potato Wedges Hamburger Bun Tropical Fruit Crisp Milk Mayonnaise
27	28	29	30	31
Meatballs w/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine	Fajita Chicken Pinto Beans Corn O'Brien Corn Tortilla Seasonal Fruit Chocolate Milk Taco Sauce Sour Cream	Sliced Ham Swiss Cheese Lettuce Tomato Onion Pickle California Salad Wheat Bread (2 sl) Banana Pudding Milk Mayonnaise Mustard	Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Hot Pears Milk	~ <i>Birthday & Halloween Meal</i> ~ Beef Frank Tater Tots Baked Beans Hot Dog Bun Birthday Cake Milk Ketchup Mustard

Kim Dommert RD, LD

Kim Dommert, RD, LD



EAT TO BEAT INFLAMMATION

Chronic inflammation may harm your heart, joints, and overall health. Good nutrition and lifestyle choices can help reduce inflammation.

Foods that Fight Inflammation

- **Fruits and Vegetables:** Rich in nutrients that fight inflammation.
 - Fill half your plate with fruits and veggies.
 - Use fresh, frozen, canned (low sodium), or dried (no added sugar).
- **Healthy Fats:** Monounsaturated fats and omega-3 fatty acids may reduce inflammation.
 - Eat fatty fish 2–3 times/week.
 - Use chia, flaxseed, walnuts, or hemp seeds.
 - Cook with olive, avocado, peanut or canola oils.
- **Whole Grains:** Support your immune system and inflammation with fiber rich grains. Choose whole grains like:
 - Oatmeal • Brown rice • Whole wheat bread • Quinoa

Emerging Anti-Inflammatory Foods

Adding these foods to a balanced diet may be beneficial in fighting inflammation:

Dark chocolate (more than 70% cocoa), kefir, kimchi, green tea, matcha, spirulina, black garlic, barberry, turmeric, and ginger

Foods that Contribute to Inflammation

- **Highly Processed Foods:** Include snacks, sweets, sugary drinks, or some packaged meals.
 - Often high in sugar and saturated fat with low nutritional value.
 - Choose whole ingredients when cooking and making snack choices.
- **Full Fat Dairy & Animal Proteins:** Higher in saturated fat. Choose leaner proteins like:
 - Skinless poultry • Low-fat dairy
 - Seafood • Beans or tofu

Lifestyle Habits That Help

Lifestyle factors also impact chronic inflammation.

- **Sleep:** Aim for 7–9 hours of quality sleep each night.
- **Activity:** Move daily—walk, garden, or stretch for 30–60 minutes.
- **Weight:** Maintaining a healthy weight can help reduce inflammation.