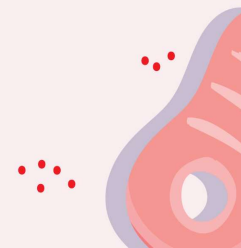




St. Charles COA

April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	Bowtie Lasagna Whole Kernel Corn Green Beans Dinner Roll Marble Cake Milk Margarine	Chicken Tenders Garlic Whipped Potatoes Brussels Sprouts Dinner Roll Chocolate Swirl Pudding Milk BBQ Sauce	Salisbury Steak Northern Beans Parslied Carrots Wheat Bread Seasonal Fruit Chocolate Milk Margarine	~Lenten Meal~ Shrimp Etouffee Steamed Rice Herbed Green Peas 100% Fruit Juice Wheat Bread White Cake Milk Margarine
	7	8	9	10
Meatloaf Brown Gravy Lima Beans Sliced Carrots Dinner Roll Seasonal Fruit Milk Margarine	BBQ Chicken Mashed Red Potatoes Creole Green Beans Texas Bread Seasonal Fruit Milk Margarine	Beef Patty Baked Beans Lettuce Tomato Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup	Sliced Ham Baked Sweet Potato Cabbage Cornbread Chocolate Pudding Milk Margarine	~Lenten Meal~ Seafood Fettuccini Brussels Sprouts Mixed Vegetables Dinner Roll Lemon Cake Milk Margarine
14	15	16	17	18
Smoked Sausage Red Kidney Beans Parslied Rice Spring Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Chicken Tenders Garlic Whipped Potatoes Glazed Carrots Wheat Bread Marble Cake Milk Margarine Ketchup	Bowtie Lasagna Whole Kernel Corn Green Beans Texas Bread Seasonal Fruit Milk Margarine	~Easter Meal~ Sliced Turkey Breast Poultry Gravy Buttermilk Potatoes Broccoli Florets Dinner Roll Carrot Cake Milk Margarine	Closed for Holiday
21	22	23	24	25
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 Chocolate Milk Margarine	Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Bread Pudding Milk	Glazed Ham Black-eyed Peas Cabbage Cornbread Chocolate Swirl Pudding Milk Margarine	~Birthday Meal~ Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Wheat Bread Birthday Cake Milk Margarine
28	29	30		
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		Menu follows state guidelines for nutrients.

Kim Dommert RD, LD



FROM PLANT TO PLATE



A BALANCED APPROACH TO PLANT-FORWARD EATING

Transitioning to a plant-based or plant-forward diet can be rewarding for your health, the environment, and your overall well-being. The key is prioritizing whole, minimally processed foods while using plant-based meat analogues as a convenient way to meet specific nutrient needs, particularly protein, during your journey.

Whole Foods First

Whole foods—such as fruits, vegetables, whole grains, nuts, seeds, and legumes—are the cornerstone of a plant-based diet. They are rich in essential nutrients and contribute significantly to overall health.

Benefits:

- Packed with vitamins, minerals, fiber, and complete or complementary proteins.
- Low in added sugars, unhealthy fats, and sodium.
- Associated with improved digestion and reduced risk of chronic diseases like diabetes, heart disease, and obesity.
- Environmentally friendly and cruelty-free.
- May cost less than plant-based products.

Considerations:

- Can require more preparation time and planning to ensure a balanced diet.
- Focusing on a variety of whole foods is essential for meeting all nutrient needs.

Plant-Based Products as a Complement

Plant-based meat analogues, such as Beyond Meat, Impossible Foods, and Quorn, replicate the flavor, texture, and protein profile of traditional meat using ingredients like soy, peas, or wheat.

Benefits:

- Provide a familiar taste and texture for those reducing animal protein.
- Convenient and versatile.
- Offer an environmentally sustainable option with less impact than livestock production.
- Can help fill nutrient gaps in a plant-based diet.

Considerations:

- Some analogues are highly processed, containing added sodium, sugars, food additives, and preservatives.
- Nutritional quality varies—choose products with recognizable, whole-food ingredients whenever possible.

Smart Shopping for Plant-Based Products

When shopping for plant-based options, ALWAYS READ THE LABEL.

Choose products that are:

- Low in sodium, added sugars, and unhealthy fats.
- Made with minimal, recognizable ingredients.
- High in protein and fiber.

