

June 2025

St. Charles COA



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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	Chicken Chef Salad Cucumber Salad Broccoli Salad Saltine Crackers Cinnamon Cake Milk Salad Dressing
9	10	11	12	13
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	Pork Roast Brown Gravy Parslied Rice Spinach 100% Fruit Juice Cornbread Fudge Creme Cookie Milk	~Father's Day Meal~ Baked Chicken Poultry Gravy Chunky Potatoes Winter Vegetables Dinner Roll Devil's Food Cake Milk Margarine
16	17	18	19	20
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	Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Wheat Bread Seasonal Fruit Milk Margarine
23	24	25	26	27
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	Sliced Turkey Breast Poultry Gravy Ranch Potatoes Green Peas Dinner Roll Mississippi Mud Pudding Milk Margarine	~Birthday Meal~ Chicken & Sausage Jambalaya Parslied Carrots Brussels Sprouts Wheat Bread Birthday Cake Milk Margarine
30				
Meatloaf Brown Gravy Lima Beans Sliced Carrots Dinner Roll Seasonal Fruit Milk Margarine			Menu follows state guidelines for nutrients.	 TRIO Community Meals Nourishment through compassionate care.

Kim Dommert RD, LD

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SPICES & HERBS

ADD FLAVOR.
BOOST HEALTH.
INSPIRE CREATIVITY.

Eating a nutritious diet does not have to be bland and boring. Spices and herbs bring flavor, health, and creativity to your meals. They not only reduce inflammation and boost immunity but also inspire you to experiment with bold, delicious combinations. Transform ordinary dishes into something extraordinary while supporting your overall well-being!

Spot the Difference

Understanding the difference between herbs and spices can help you make the most of their unique flavors and health benefits. While both come from plants, their characteristics and uses vary, making them versatile tools for enhancing your meals.

- **Herbs:** Green leafy parts of plants, used in fresh or dried form. Examples: Parsley, Basil, Cilantro, Chives
- **Spices:** Non-leafy parts of the plant (e.g., roots, bark, seeds), used in dried form only. Examples: Cinnamon (bark), Turmeric (root), Ginger (rhizome), Paprika (dried fruit pods)

Antioxidant Power

Herbs and spices are rich in antioxidants, compounds that protect your cells from damage caused by free radicals which reduce the risk of chronic diseases like heart disease, cancer, and diabetes. Herbs and spices with the highest number of antioxidants include cloves, peppermint, allspice, cinnamon, oregano, thyme, sage, rosemary, saffron, and tarragon.

Functional Benefits

- **Anti-inflammatory:** Helps reduce inflammation (e.g., turmeric, ginger, cinnamon).
- **Digestive Health:** Aids digestion and relieves bloating (e.g., fennel, peppermint).
- **Immune Support:** Boosts immunity with antibacterial properties (e.g., garlic, oregano).
- **Heart Health:** Reduces sodium and sugar intake, supporting cardiovascular wellness (e.g., all herbs & spices).

Sourcing, Storing, and Using Herbs & Spices

- **Dry Herbs & Spices:** Opt for bulk by filling your own containers to reduce packaging waste. Store in airtight containers in a cool, dark area. Replace after 2-3 years.
- **Fresh Herbs & Spices:** Grow your own or buy local at a farmers market. Keep in the refrigerator in an airtight container. Wash before use.
- **Conversion:** Substitute one-part dried for three parts fresh when needed.
- **Salt Last:** Season with herbs and spices before adding salt; you may not need it at all.
- **Cooking:** Typically, add dried herbs and spices early in the cooking process to rehydrate and add fresh later to preserve flavor.