



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.





CENLA AAA Hot Menu

April 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ham & White Beans Brown Rice Cabbage Cornbread Fresh Apple Fruit Blend Juice Margarine	2 Chicken & Sausage Gumbo/Brown Rice Okra & Tomatoes Whipped Sweet Potatoes Saltine Crackers Oatmeal Crème Cookie Margarine	3 Turkey & Cheese Lettuce/Tomato/Pickle California Vegetable Salad Wheat Bread (2) Peanut Butter Cookie Mustard Mayonnaise	4 Egg Patty (2) or Ham/Country Gravy Grits Hashbrown Patty Biscuit/Margarine Fruit & Grain Bar Cranberry Juice
7 Baked Meatballs Mushroom Gravy Ranch Potatoes Glazed Carrots Wheat Bread Fresh Fruit Margarine	8 Smothered Chicken Whipped Potatoes Mixed Vegetables Wheat Bread Fudge Round Margarine	9 Italian Rice Casserole Cabbage Green Beans Cornbread Fig Bar Margarine	10 Chicken & Sausage Gumbo with Rice Whipped Sweet Potatoes Okra & Tomatoes Saltine Crackers Fresh Fruit Margarine	11 Lent Special Fish Patty Ranch Beans Chuckwagon Corn WG Hamburger Bun Gelatin Tartar Sauce
14 Baked Ham Honey Glaze Ranch Potatoes Lima Beans Wheat Bread Craisins Margarine	15 Red Beans/Sausage Rice Spinach Cranberry Juice Cornbread Star Crunch Margarine	16 Hamburger Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Fresh Fruit	17 Spring Special Chicken Chef Salad Pickled Beets Saltine Crackers Lemon Cake Salad Dressing	18 CLOSED
21 Chicken & Sausage Jambalaya California Vegetables Green Beans Wheat Bread Oatmeal Crème Cookie Margarine	22 Tuna Salad or Turkey Salad Carrot Raisin Salad Tossed Salad/Dressing Wheat Bread (2) Fresh Fruit	23 Baked Bone-in Chicken Gravy/Brown Rice Yams Cucumber/Tomato Salad Wheat Bread Fresh Fruit Margarine	24 Ham & Pinto Beans Rice Spinach Cranberry Juice Cornbread Fruit & Grain Bar Margarine	25 Country Fried Steak Country Gravy Whipped Potatoes Carrots White Roll Marble Cake/Ice Cream Margarine
28 Salisbury Patty Brown Gravy Whipped Potatoes Southern Green Beans Wheat Bread Fudge Round Margarine	29 Black-eyed Peas & Sausage with Rice Collard Greens Cucumber Salad Cornbread Craisins Margarine	30 Spaghetti/Meat Sauce Whole Kernel Corn Peas/Red Peppers White Roll Oatmeal Raisin Cookie Margarine	 Each Meal is Served with 1/2 Pint of 2% Milk	 TRIO Community Meals Nourishment through compassionate care.