

# January 2018 WRAAA Menu (Revised)

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| 1<br><b>HAPPY NEW YEAR<br/>2018<br/>Site Closed</b>  | 2<br>*Roasted Pork Loin 3 oz.<br>*Sweet Potatoes ½ c<br>Broccoli ½ c<br>Blueberry Muffin 2 oz.<br>Chunky Applesauce ½ c<br>ALT =CBG TR                              | 3<br>*Cheese Ravioli 6 oz.<br>Spinach ½ c<br>Peas & Carrots ½ c<br>Whole Grain Breadsticks 2 oz.<br>Mandarin Oranges ½ c<br>ALT= CBG RB                      | 4<br>*Swiss Steak 3 oz./Gravy 2 oz.<br>*Mashed Potatoes ½ c<br>Green Beans ½ c<br>W. G. Dinner Roll 2 oz<br>Tropical Fruit ½ c<br>ALT= CBG T                                     | 5<br>*Chili Con Carne 8 oz.<br>Mixed Vegetables ½ c<br>Corn Muffin 2 oz.<br>Apple Juice 4 oz.<br>Banana<br>ALT = CBG TR  |
| 8<br>*BBQ Chicken Breast 3 oz.<br>Butternut Squash & Sweet<br>Potato Medley ½ c<br>*Brussel Sprouts ½ c<br>Whole Grain Buttermilk<br>Biscuit 2 oz.<br>Orange Juice 4 oz.<br>ALT= CS RB | 9<br>*Sweet & Sour Meatballs 3-1 oz<br>Sauce 2 oz<br>*Brown Rice ½ c<br>Oriental Blend Vegetables ½ c<br>Green Peas ½ c<br>Whole Grain Wheat<br>Banana<br>ALT=CBG T | 10<br>*Stuffed Cabbage 4 oz.<br>*w/Sauce 2 oz<br>*Mashed Potatoes ½ c<br>Corn w/Red Peppers ½ c<br>2 Whole Grain Wheat<br>Sliced Apricots ½ c<br>ALT= CBG TR | 11<br>Maple Heights Senior Center<br>Closed to Congregate Members<br>due to Renovations.<br>Home Delivered Meals will be a<br>Tuna Boxed Lunch<br>ALT=CBG T                      | 12<br>Maple Heights Senior Center<br>Closed to Congregate Members<br>due to Renovations.<br>Home Delivered Meals will be a<br>Roast Beef Boxed Lunch<br>ALT=CBG RB |
| 15<br><b>Martin Luther King<br/>Day<br/>Site Closed</b>  | 16<br>*Breaded Fish 4 oz.<br>Tartar Sauce 1 PC/Ketchup 1 PC<br>Tater Tots ½ c<br>Broccoli ½ c<br>2 Whole Grain Wheat<br>Sliced Peaches ½ c<br>ALT=CBG RB            | 17<br>*BBQ Rib Patty 3 oz.<br>*Sweet Potatoes ½ c<br>Brussel Sprouts ½ c<br>Whole Grain Bun<br>Chunky Applesauce ½ c<br>ALT=CBG TR                           | 18<br>*Breaded Chicken Breast Pattie<br>3.75 oz<br>*Mashed Potatoes ½ c*Gravy 2 oz.<br>Green Peas ½ c<br>Whole Grain Wheat<br>Orange<br>Whole Grain Vanilla Wafers<br>ALT=CBG RB | 19<br>*Beef Meatloaf w/Glaze 3 oz.<br>*Baked Beans ½ c<br>Mixed Vegetables ½ c<br>2 Whole Grain White<br>Banana<br>ALT=CBG T                                       |
| 22<br>*Ham 3 oz.<br>*Gravy 2 oz.<br>*Mashed Potatoes ½ c<br>Cauliflower/Broccoli ½ c<br>2 Whole Grain White<br>Mandarin Oranges ½ c<br>ALT=CS TR                                       | 23<br>*Vegetable Lasagna 6 oz<br>Green Peas ½ c<br>Spinach ½ c<br>Whole Grain Wheat<br>Pineapple ½ c<br>W. Grain Vanilla Wafers<br>ALT=CBG RB                       | 24<br>*Salisbury Steak 3 oz.<br>*Gravy 2 oz.<br>*Mashed Potatoes ½ c<br>Mixed Vegetables ½ c<br>W. G. Buttermilk Biscuit 2 oz.<br>Banana<br>ALT=CBG TR       | 25<br>*Beef Sloppy Joe 4 oz.<br>Seasoned Wedge Potatoes ½ c<br>Ketchup 1 PC<br>Harvard Beets ½ c<br>Whole Grain Bun<br>Orange<br>ATL=CBG T                                       | 26<br>*Chicken Breast Stuffed<br>w/Broccoli 6 oz.<br>Green Beans ½ c<br>Red Cabbage ½ c<br>2 Whole Grain White<br>Mixed Fruit ½ c<br>ALT=CBG RB                    |
| 29<br>*Swedish Meatballs 6 oz.<br>Sauce 2 oz<br>*Noodles ½ c<br>Peas ½ c<br>Carrots ½ c<br>Whole Grain White<br>Sliced Apricots ½ c<br>ALT=CS T  | 30<br>*Stuffed Pepper 4 oz.<br>*w/ Sauce 2 oz.<br>*Mashed Potatoes ½ c<br>Buttered Beets ½ c<br>2 Whole Grain Wheat<br>Sliced Pears ½ c<br>ALT=CBG TR               | 31<br>*Lemon Gravy Chicken Breast 3oz.<br>*Butternut Squash ½ c<br>Spinach ½ c<br>2 Whole Grain Wheat<br>Sliced Peaches ½ c<br>ALT=CBG RB                    | Menu Written By:<br>Carolynn Scott<br><br>Menu Approved By:<br>Jill Riffle MS, RDN, LD   |  |
| Choice of :<br>1% Milk or Buttermilk<br><br>*=Take Temperature of Milk and<br>all food proceeded by an asterisk  |   |  |  |  |

Western Reserve Area Agency on Aging - 2018

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast



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