

AUGUST 2023 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	1 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c **W.G. Cereal Bar, 1 oz Mandarin Oranges ½ c ALT=CBG T	2 *Breaded Fish 3 oz Tartar Sauce 1 PC, Ketchup 1 PC *Seasoned Potato Wedges ½ c *Green Beans ½ c Whole Grain Bun 2 oz *Scalloped Apples ½ c ALT=CBG RB	3 *Chicken Parmesan 3 oz w/ Sauce 2 oz W.G. Rotini ½ c. *Spinach ½ c Lemon Jc. 1 PC *Bermuda Blend ½ c Whole Grain Wheat Diced Pears ½ c ALT=CBG RB	4 *Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Carrots ½ c Banana ALT=CBG T
7 *Salisbury Steak 3 oz , *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT=CS TR	8 *Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CBG RB	9 *Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c ALT=CBG TR	10 *Turkey Tetrizzini 4oz *Spaghetti ½ c *California Blend ½ c *Zucchini ½ c W.G. Wheat Peaches ½ c ALT=CBG RB	11 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana ALT=CBG T
14 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Orange ALT=CS TR	15 *Chicken Alfredo 4 oz *W.G. Pasta ½ c w 2 oz sauce *Broccoli 1/2c, *Cauliflower 1/2c W.G Roll 1 oz Apricots ½ c ALT=CBG RB	16 *Tuna Salad 3 oz *Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CBG RB	17 *Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT=CBG RB	18 *Stuffed Cabbage 6 oz *Mashed Potatoes ½ c *California Blend ½ c *Green Peas ½ c Whole Grain Wheat Fresh Plum ALT=CBG TR
21 *Stuffed Pepper 6 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 W.G. Wheat Pears ½ c ALT=CS TR	22 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w Gravy 2 oz *Brussels Sprouts ½ c 2 Whole Grain White Banana ALT=CBG RB	23 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Spinach ½ c w Lemon 1 PC *Harvard Beets ½ c Whole Grain Wheat Pineapple Chunks ½ c ALT=CBG T	24 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Green Beans ½ c W.G. Corn Bread 2 oz Grape Juice 4 oz Sliced Peaches ½ c ALT=CBG RB	25 *Roasted Turkey Breast 3 oz *Gravy 2 oz WG Stuffing ½ c *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Wheat Fresh Grapes 1 c ALT=CBG RB
28 *Breaded Chicken Patty 3 oz Mayo 1 PC *Buttered Baby Carrots ½ c *Baked Beans ½ c Whole Grain Bun Mixed Fruit ½ c ALT=CS RB	29 *Steak Stir Fry 3 oz, Sauce 2 oz *Brown Rice ½ c *Kyoto Blend ½ c *Peppers and Onions ½ c Vanilla wafers 1 oz Mandarin Oranges ½ c ALT=CBG RB	30 *BLT with 2 oz Turkey Bacon Sliced Tomato, Lettuce ½ c Mayo 1 PC, *Potato Salad ½ c 2 Whole Wheat Pineapple Chunks ½ c Apple Juice 4 oz ALT=CBG RB	31 *Pork Pattie 3 oz w BBQ Sauce *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Whole Grain Bun 2 oz Fresh Grapes 1 c ALT=CS T	Choice of 1% Milk or Buttermilk * =take temperature of Milk and all food proceeded by an asterisk. ** Serve Emergency Item (caterer will replace)

Western Reserve Area Agency on Aging – 2023

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

“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef

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

