

May 2024 WRAAA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of 1% Milk, Buttermilk, or Calcium fortified Juice</p> <p><i>*=Take Temperature of Milk and all food preceded by an asterisk.</i></p>	<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>1 *Breaded Fish 4 oz Tartar Sauce 1PC *Brown Rice ½ c *Buttered Beets ½ c *Spinach ½ c / 1 PC Lemon 1 Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT= CF TR</p>	<p>2 *Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Peaches ½ c</p> <p>ALT = CBG V</p>	<p>3 *BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G. Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c</p> <p>ALT = CF RB</p>
<p>6 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *Corn ½ c 2 Whole Grain White Pears ½ c</p> <p>ALT = CS RB</p>	<p>7 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c</p> <p>ALT = CF V</p>	<p>8 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Wheat Bread Peaches ½ c</p> <p>ALT = CBG T</p>	<p>9 *Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Carrot Coins ½ c 1 Whole Grain White Cranberry Juice ½ c</p> <p>ALT = CF RB</p>	<p>10 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c</p> <p>ALT = CBG TR</p>
<p>13 *Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Mixed Vegetables ½ c Apricots ½ c Apple Juice ½ c</p> <p>ALT = CS TR</p>	<p>14 Rueben with *Turkey, 1oz *Swiss Cheese, 1 oz, Sauerkraut ½ c Thousand Island Dressing 1 PC *Tom., Cuc., Onion Salad ½ c 2 Whole Grain Rye Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>15 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Bermuda Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c</p> <p>ALT = CF V</p>	<p>16 *Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Fresh Grapes 1 c</p> <p>ALT=CBG TR</p>	<p>17 *Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *California Blend ½ c 2 Whole Grain White Tropical Fruit ½ c</p> <p>ALT = CF TR</p>
<p>20 *Sloppy Joe 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Bun, 2 oz. Sliced Apricots ½ c</p> <p>ALT = CS TR</p>	<p>21 * Chicken Parmesan Patty 3 oz. *W.G. Pasta W. Pesto Sauce ½ c *Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Applesauce ½ c</p> <p>ALT = CF RB</p>	<p>22 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Pears ½ c</p> <p>ALT = CBG T</p>	<p>23 * Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange</p> <p>ALT = CF V</p>	<p>24 *Hamburger, 3 oz *Seasoned Potato Wedges ½ c *Green Peas ½ c 1 Whole Grain Rye Banana Oatmeal Cookie, 1 oz</p> <p>ALT = CBG TR</p>
<p>27 Memorial Day Site Closed</p>	<p>28 *Stuffed Shells, 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mixed Fruit ½ c</p> <p>ALT = CS RB</p>	<p>29 *Swedish Meatballs 3-1 oz w/ *Gravy 2 oz, *Noodles ½ c *Peas ½ c, *Mushrooms ½ c 1 Whole Wheat Bread Orange</p> <p>ALT = CF TR</p>	<p>30 *Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c *Spinach ½ c/ 1 Lemon PC W.G. Dinner Roll, 2 oz Applesauce ½ c</p> <p>ALT = CBG T</p>	<p>31 * Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Peaches ½ c</p> <p>ALT = CF RB</p>

Western Reserve Area Agency on Aging - 2024

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese