JUNE 2024 WRAAA MENU

Western Reserve
Area Agency on Aging

Monday	Tuesday	Wednesday	Thursday	Friday
3 *Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Pears ½ c ALT = CS RB	4 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 Pineapple tidbits ½ c ALT = CBG T	5 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT = CF RB	6 *Chicken stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Carrots ½ c Whole Grain Dinner Roll 2 oz Apricots ½ c ALT = CBG RB	7 *Sliced Ham 3 oz w. Pineapple Glaze *Cheesy Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun, 2 oz Fresh Grapes 1 c ALT = CF TR
10 *Hamburger 3 oz Mustard & Ketchup 1 PC ea. *Baked Beans ½ c *Seasoned Potato Wedges ½ c W.G. Hamburger Bun, 2 oz Mandarin Oranges ½ c ALT = CS TR	11 *Tomato Basil Chicken 3 oz. w / Sauce 2 oz, W.G. Pasta ½ c. *Spinach ½ c, Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c ALT = CF TR	12 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Wheat **Whole Grain Cereal Bar, 1 oz Applesauce ½ c ALT = CBG RB	13 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green beans ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c ALT = CF RB	14 *Sloppy Joe 3 oz *Sweet Potatoes ½ c *California blend 1/2 c Whole Grain Dinner Roll 2 oz Banana ALT = CBG T
17 *Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Peaches ½ c ALT = CS T	18 *Beef Lasagna 6 oz *Antiqua Blend ½ c Whole Grain Garlic Toast 2 oz Oatmeal Cookie, 1 oz Mandarin Oranges ½ c ALT = CBG RB	19 **Juneteenth** **Site Closed**	20 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Tropical Fruit ½ c ALT = CF RB	21 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c ALT = CBG TR
24 * 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 ALT = CS TR	25 . *Stuffed Shells, 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mixed Fruit ½ c ALT = CF TR	26 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun, 2 oz Applesauce ½ c ALT=CBG RB	27 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Wheat Bread Orange ATL=CF T	28 *Chicken and Gravy 3 oz W.G. Biscuit, 2oz *Brussels Sprouts ½ c *Green Peas ½ c Applesauce ½ c ALT=CBG RB
Menu Approved By: *Ann Stahlheber MS, RDN, LD*	*=Take Temperature of Milk and all food proceeded by an asterisk	Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice	** emergency food items for these items should be served.	

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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