

July 2024 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <ul style="list-style-type: none"> *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Applesauce ½ c <p>ALT=CS TR</p>	<p>2</p> <ul style="list-style-type: none"> Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Potato Salad ½ c 2 Whole Grain Seedless Rye Grape Juice 4 oz <p>ALT=CBG T</p>	<p>3</p> <ul style="list-style-type: none"> *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin 1 oz Peaches ½ c <p>ALT=CF V</p>	<p>4</p> <p>Closed</p> <p>Happy Fourth of July!</p>	<p>5</p> <ul style="list-style-type: none"> *Breaded Fish 3 oz Tartar Sauce 1 PC *Roasted Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Pears ½ c <p>ALT-CF T</p>
<p>8</p> <ul style="list-style-type: none"> *Steak Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Asian Blend, ½ c Whole Grain Wheat Mandarin Oranges ½ c <p>ALT=CS TR</p>	<p>9</p> <ul style="list-style-type: none"> *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c <p>ALT=CBG T</p>	<p>10</p> <ul style="list-style-type: none"> 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Mushrooms ½ c *Lima Beans ½ c 2 Whole Grain Wheat Banana <p>ALT=CF RB</p>	<p>11</p> <ul style="list-style-type: none"> * Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Carrots ½ c Fresh Plum <p>ALT=CBG V</p>	<p>12</p> <ul style="list-style-type: none"> *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Orange <p>ALT=CF TR</p>
<p>15</p> <ul style="list-style-type: none"> *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *California Blend ½ c W.G. Dinner Roll 2 oz Apricots ½ c <p>ALT=CS V</p>	<p>16</p> <ul style="list-style-type: none"> *Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pineapple chunks ½ c <p>ALT=CBG RB</p>	<p>17</p> <ul style="list-style-type: none"> *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 <p>ALT=CF T</p>	<p>18</p> <ul style="list-style-type: none"> *Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Peas ½ c *Cauliflower ½ c Applesauce ½ c <p>ALT=CBG TR</p>	<p>19</p> <ul style="list-style-type: none"> *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 Fresh Grapes 1 c <p>ALT=CF RB</p>
<p>22</p> <ul style="list-style-type: none"> *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Apricots ½ c <p>ALT=CS V</p>	<p>23</p> <ul style="list-style-type: none"> *Chicken Alfredo 3 oz W.G. *Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Sliced Peaches ½ c <p>ALT=CBG RB</p>	<p>24</p> <ul style="list-style-type: none"> *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pineapple Chunks ½ c <p>ALT=CF TR</p>	<p>25</p> <ul style="list-style-type: none"> *Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw ½ c 2 Whole Grain Wheat Fresh Grapes 1 c <p>ALT=CBG RB</p>	<p>26</p> <ul style="list-style-type: none"> *Chicken Parmesan Patty 3 oz. W. Pesto Sauce ½ c *Antigua Blend ½ c *Cape Cod Blend ½ c WG Bun 2 oz Pears ½ c <p>ALT=CF T</p>
<p>29</p> <ul style="list-style-type: none"> *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz, *Corn ½ c 2 Whole Grain White Diced Peaches ½ c <p>ALT=CS TR</p>	<p>30</p> <ul style="list-style-type: none"> *Beef Lasagna 3 oz. *Spinach ½ c *Beets ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c <p>ALT=CBG T</p>	<p>31</p> <ul style="list-style-type: none"> *Chicken and Gravy 3 oz W.G. Biscuit 2oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Pineapple chunks ½ c <p>ALT=CF V</p>	<p>Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice</p> <p>*=take temperature of Milk and all food proceeded by an asterisk.</p>	<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></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