

# February 2022 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	
<p>*Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c * Buttered Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz</p> <p>ALT = CBG RB</p>	<p>*Beef Sloppy Joe 4 oz *Peas ½ c *Cauliflower ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT = CBG T</p>	<p>*Chicken Stir Fry 3 oz. Sauce 2 oz. /*Brown Rice ½ c *Oriental Blend 1 c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT = CBG RB</p>	<p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c</p> <p>ALT = CBG TR</p>	
7	8	9	10	11
<p>*Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c</p> <p>ALT = CS TR</p>	<p>*Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana</p> <p>ALT = CBG RB</p>	<p>*Baked Fish 4 oz. Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Peas ½ c Whole Grain Wheat Orange</p> <p>ALT = CBG RB</p>	<p>*Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Peaches ½ c</p> <p>ALT = CBG T</p>	
14	15	16	17	18
<p>*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</p> <p>ALT = CS RB</p>	<p>*Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT = CBG TR</p>	<p>*Vegetable Lasagna 6 oz. *Carrots ½ c *Broccoli ½ c Whole Grain Wheat Pineapple Chunks ½ c W.G. Vanilla Wafers 1 oz.</p> <p>ALT = CBG RB</p>	<p>*Roasted Turkey Breast 3 oz. *Gravy 2 oz. *W.G. Stuffing ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Cranberry Juice ½ c</p> <p>ALT = CBG T</p>	<p>*BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Applesauce ½ c</p> <p>ALT = CBG TR</p>
21	22	23	24	25
<p><b>PRESIDENT'S DAY</b></p> <p><b>Site Closed</b></p>	<p>*Salisbury Steak 3 oz. *Mushroom Gravy 2 oz. *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CS TR</p>	<p>*Breaded Fish 3 oz. Tarter Sauce 1 PC *Seasoned Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Scalloped Apples ½ c</p> <p>ALT = CBG RB</p>	<p>*Grilled Chicken strips 3 oz With Alfredo sc 2 oz *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz Fresh Orange Apple Juice ½ c</p> <p>ALT = CBG T</p>	<p>*Stuffed Peppers 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT = CBG TR</p>
28	<p>Choice of : 1 % Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>			
<p>*Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend ½ c *Carrots ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT = CS TR</p>	<p><b>Menu Approved by:</b> <i>Ann Stabbeher, MS, RDN, LD</i></p>			

Western Reserve Area Agency on Aging - 2022

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



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