

November 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Antigua Blend ½ c Whole Grain White Apricots ½ c Cranberry Juice 4 oz ALT=CS RB	2 *Tomato Basil Chicken 3oz. *W.G. Pasta ½ c w/S 2 oz. *Mixed Vegetables ½ c *Corn w/Red Peppers ½ c Breadstick, 1 oz Peaches ½ c ALT=CBG T	3 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c ALT=CBG TR	4 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB	5 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Fruited yogurt, 6 oz Banana, 1 ea ALT=CBG T
8 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c w 2 oz sauce *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c ALT=CS TR	9 *Salisbury Steak 3 oz w *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Peaches ½ c ALT=CBG T	10 *Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Buttered Beets ½ c, *Broccoli ½ c Whole Grain Bun 2 oz Diced Pears ½ c ALT=CBG RB	Veteran's Day Site Closed	12 *White Chicken Chili 8 oz *Corn w Red Bell Peppers ½ c *Broccoli ½ c Corn Bread, 2 oz Orange, 1 ea ALT = CBG RB
15 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CS T	16 *Meatballs 3-1oz *Spaghetti 1/2c w/ Tomato Sauce *Green Beans ½ c Cauliflower ½ c Whole Grain Wheat Banana, 1 ea ALT=CBG TR	17 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c Spinach ½ c w Lemon 1PC WG Corn Muffin 1 oz Sliced Peaches ½ c Apple Juice 4 oz ALT=CBG RB	18 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Grapes, 1 c ALT=CBG T	19 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c Broccoli ½ c Whole Grain wheat Scalloped Apples ½ c ALT=CBG RB
22 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Cauliflower ½ c Whole Grain Wheat Pears ½ c ALT=CS TR	23 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CBG T	24 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice ½ c ALT=CBG RB	Thanksgiving Day Site Closed	Thanksgiving Day Observed Site Closed
29 *Vegetable Lasagna, 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c ALT=CS RB	30 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange ALT=CBG TR	Choice of 1% Milk Or Buttermilk	*=take temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: Ann Stahlheber MS, RDN, LD

Western Reserve Area Agency on Aging - 2021

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

