

Revised December 2018 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 *Beef Hot Dog 2 oz. W.G. Bun Mustard 1 PC O'Brien Potatoes ½ c Spinach ½ c Sliced Pears ½ c ALT=CS T	4 * Chicken Ala King 8 oz. *Baby Lima Beans ½ c Sliced Carrots ½ c W. G. Dinner Roll 2 oz. Pineapple Chunks ½ c ALT= CBG RB	5 *Stuffed Green Pepper 6 oz. Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Rye Applesauce ½ c ALT = CBG TR	6 *Turkey 3 oz. w/ Gravy 2 oz. * Stuffing 4 oz. *Sweet Potatoes ½ c Broccoli ½ c Whole Grain Wheat Sliced Peaches ½ c ALT =CBG RB	7 *Meatballs 3-1oz *Spaghetti 1 c w/ Tomato Sauce Cauliflower ½ c Spinach ½ c w/ Vinegar 1 PC Tropical Fruit ½ c ALT=CBG TR
10 *Rosemary Rub Roasted Pork Loin 3 oz. Green Peas ½ c Butternut Squash ½ c W.G. Dinner Roll 2 oz. Escaloped Apples ½ c ALT=CS T	11 Beef Ravioli 8 oz. Green Beans ½ c Kernel Corn ½ c Cereal Bar 1 oz. W.G. Vanilla Wafers 1 oz. Fruit Cocktail ½ c ALT = CBG TR	12 *Tomato Basil Chicken 3oz. *Spaghetti 1 c. w/ Sauce Mixed Vegetables ½ c Corn w/ Red Peppers ½ c Sliced Pears ½ c ALT=CBG RB	13 *Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC Green Beans ½ c Whole Grain Bun Mandarin Oranges ½ c ALT=CBG T	14 * Salisbury Steak 3 oz. W/ Gravy 2 oz. *Mashed Potatoes ½ c Baby Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz. Banana ATL=CBG TR
17 *Swedish Meatballs 3 oz. *Noodles ½ c Mixed Vegetables ½ c Red Cabbage ½ c Whole Grain Wheat Sliced Pears ½ c ALT= CS RB	18 *Breaded Fish 4 oz. Tartar Sauce 1 PC Tater Tots ½ c w/ Ketchup 1PC Spinach ½ c Whole Grain Wheat Apricots ½ c W.G. Vanilla Wafers 1 oz. ALT= CBG RB	19 *Beef Meatloaf w/ Ketchup Glaze 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Capri Blend ½ c 2 Whole Grain Wheat Pineapple Chunks ½ c ALT=CBG TR	20 *Sliced Ham 3 oz. w/ Pineapple Glaze *Cheesy Potatoes ½ c Broccoli ½ c W. G. Dinner Roll 2 oz. Sliced Peaches ½ c ALT=CBG T	21 *BBQ Chicken Breast 3 oz. Green Peas ½ c *Sweet Potatoes ½ c 2 Whole Grain White Mixed Fruit ½ c ALT=CBG RB
24 *Roasted Turkey Breast 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Broccoli ½ c Green Peas ½ c Blueberry Muffin 2 oz. Mandarin Oranges ½ c ALT = CS RB	25 <p style="text-align: center;">Merry Christmas</p> <p style="text-align: center;">Site Closed</p>	26 *Beef Stew 8 oz. *Harvard Beets ½ c Mixed Vegetables ½ c Corn Muffin 2 oz. Tropical Fruit ½ c ALT= CBG TR	27 *Chicken Cacciatore 3 oz. *Sauce 2 oz. w/*Brown Rice ½ c Green Peas ½ c Brussel Sprouts ½ c Whole Grain Wheat Applesauce ½ c ALT=CBG RB	28 *Stuffed Cabbage 6 oz. *Sauce 2 oz. w/ Noodles ½ c Green Beans ½ c Sliced Carrots ½ c W.G. Vanilla Wafers 1 oz. Pineapple Chunks ½ c ALT=CBG T
31 *Pepper Steak ½ c *Seasoned Wedge Potatoes ½ c Ketchup 1 PC California Blend ½ c 2 Whole Grain Wheat Orange ALT=CS TR		Menu Written By: Carolynn Scott	Menu Approve By: <i>Jill Riffle MS, RDN, LD</i>	*=Take Temperatures of milk and all food proceeded by an asterisk Choice of: 1% Milk or Buttermilk

Western Reserve Area Agency on Aging - 2018

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 w/Croissant, ALT CBG = Spring Lettuce Salad 2/Chicken Breast

