

# SEPTEMBER 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>Labor Day</b>  <b>Sites Closed</b>	3  *Hamburger 3 oz Ketchup 2 PC Broasted Potatoes ½ c Spinach ½ c w/ Vinegar 1 PC Whole Grain Bun Pineapple Chunks ½ c ALT=CBG <span style="float: right;">TR</span>	4  Hawaiian Chicken 3 oz *Rice Pilaf ½ c Baby Carrots ½ c Green Beans ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG <span style="float: right;">RB</span>	5  *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Banana ALT=CBG <span style="float: right;">RB</span>	1  *Beef Hot Dog Mustard 1 PC /Ketchup 1 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Apricots ½ c ALT=CBG <span style="float: right;">TR</span>
9  *Chicken Alfredo 4 oz *Buttered Noodles ½ c Mixed Vegetables ½ c Harvard Beets ½ c Whole Grain White Sliced Pears ½ c ALT-CS <span style="float: right;">RB</span>	10  *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Broccoli ½ c 2 Whole Grain Wheat Banana ALT=CBG <span style="float: right;">TR</span>	11  *Breaded Pork Pattie 3.75 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Scalloped Apples ½ c ALT=CBG <span style="float: right;">T</span>	12  *Tuna Salad 3 oz *Potato Salad ½ c *Corn Relish Salad ½ c 2 Whole Grain Wheat Apricots ½ c ALT=CBG <span style="float: right;">RB</span>	8  *Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Orange ALT=CBG <span style="float: right;">T</span>
16  *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Honey Wheat Biscuit 2 oz Tropical Fruit ½ c ALT=CS <span style="float: right;">TR</span>	17  *Cold Sliced Turkey 3 oz Mayo 1 PC *Tomato Cuke Onion Salad ½ c *Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c ALT=CBG <span style="float: right;">RB</span>	18  *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz Green Beans ½ c Capri Blend ½ c W. G. Breadstick 2 oz Sliced Peaches ½ c ALT=CBG <span style="float: right;">RB</span>	19  *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz Broccoli ½ c Red Cabbage ½ c Whole Grain White Banana ALT=CBG <span style="float: right;">T</span>	15  *Sliced Ham 3 oz w/ Pineapple Glaze Mixed Vegetables ½ c Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c ALT=CBG <span style="float: right;">T</span>
23  *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c Buttered Sliced Carrots ½ c Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CS <span style="float: right;">TR</span>	24  *Pepper Steak 3 oz *Butternut Squash ½ c Green Beans ½ c Blueberry Muffin 2 oz Banana ALT=CBG <span style="float: right;">T</span>	25  *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz Mixed Vegetables ½ c Corn ½ c Whole Grain Wheat Pineapple Chunks ½ c ALT=CBG <span style="float: right;">TR</span>	26  *Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Sliced Pears ½ c ALT=CBG <span style="float: right;">RB</span>	22  *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CBG <span style="float: right;">RB</span>
30  *BBQ Rib Patty 3 oz *Sweet Potatoes ½ c Cape Cod Blend ½ c 2 Whole Grain Wheat Apricots ½ c ALT=CS <span style="float: right;">T</span>		Choice of 1% Milk or Buttermilk	Menu Approved By:  <i>Jill Riffle MS, RDN, LD</i>	*=take temperature of Milk and all food proceeded by an asterisk

Western Reserve Area Agency on Aging - 2019

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

