

# May 2020 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: Ann Stahlheber MS, RDN, LD</p>	<p>Choice of 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>			<p>1</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Broccoli ½ c 2 Whole Wheat Bread Pineapple Chunks ½ c ALT = CBG TR</p>
<p>4</p> <p>*Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Green Peas ½ c 1 Whole Grain Rye Applesauce ½ c Oatmeal Cookie, 1 oz ALT = CBG TR</p>	<p>5</p> <p>2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Broccoli ½ c *Glazed Baby Carrots ½ c W. G. Dinner Roll, 2 oz Pears ½ c ALT = CS T</p>	<p>6</p> <p>*Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Harvard Beets ½ c *Brussel Sprouts ½ c 1 Whole Grain White Banana ALT= CBG RB</p>	<p>7</p> <p>*Meatballs 3-1 oz *Spaghetti ½ c w/ Sauce 2 oz *Antigua Blend 1 c W.G. Dinner Roll, 1 oz Sliced Peaches ½ c ALT = CS TR</p>	<p>8</p> <p>*Fish 4 oz/Tartar Sauce 1PC *Brown Rice ½ c *Mixed Vegetables ½ c *Spinach ½ c / 1 PC Vinegar 1 Whole Grain Wheat Fresh Grapes 1 c ALT = CS TR</p>
<p>11</p> <p>*Beef Meatloaf 3 oz w *Gravy 2 oz / *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG T</p>	<p>12</p> <p>*Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2oz Pineapple Chunks ½ c ALT = CBG RB</p>	<p>13</p> <p>*Chicken Cordon Bleu 6 oz *W.G. Pasta W. Pesto Sauce ½ c *Green Beans ½ c *Carrot coins ½ c 2 Whole Grain White Banana ALT = CBG T</p>	<p>14</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Beets ½ c 2 Whole Grain White Mixed Fruit ½ c ATL = CBG T</p>	<p>15</p> <p>* Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend 1 c 1 Whole Grain White Mandarin Oranges ½ c ALT = CBG T</p>
<p>18</p> <p>*Swedish Meatballs 3-1 oz w/ *Gravy 2 oz *Buttered Noodles ½ c *Green Peas ½ c *Cauliflower ½ c 1 Whole Wheat Bread Applesauce ½ c ALT = CBG T</p>	<p>18</p> <p>*Lemon Pepper Chicken 3 oz *Rotini ½ c *Broccoli ½ c *Beets ½ c Whole Grain Dinner Roll Pineapple Chunks ½ c ALT=CBG RB</p>	<p>19</p> <p>*Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *California Blend ½ c W. G. Dinner Roll, 2 oz Apricots ½ c ALT = CBG T</p>	<p>20</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green Beans ½ c WG Corn Muffin 1 oz Sliced Peaches ½ c ATL = CBG RB</p>	<p>21</p> <p>*Breaded Fish 4 oz W. Creamy Dill Sauce 2 oz. *Brown Rice ½ c *Carrots ½ c *Spinach ½ c / 1 PC Vinegar 1 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG TR</p>
<p>25</p> <p><b>Memorial Day</b>  <b>Site Closed</b></p>	<p>26</p> <p>*Beef Lasagna 8 oz *Antigua Blend ½ c *Green Beans ½ c Whole Grain Garlic Toast 2 oz Apricots ½ c ALT=CS TR</p>	<p>27</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 Whole Wheat Bread Banana ALT = CBG RB</p>	<p>28</p> <p>*Hamburger 3 oz Mustard &amp; Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun, 2 oz Applesauce, 1 c ALT = CBG TR</p>	<p>29</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG TR</p>

Western Reserve Area Agency on Aging - 2020

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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