

AUGUST 2021 WRAAA MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| <p>2</p> <p>*Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend 1 c W.G. Cereal Bar, 1 oz Mandarin Oranges ½ c</p> <p style="text-align: right;">ALT=CS RB</p> | <p>3</p> <p>*Stuffed Cabbage 6 oz Sauce 2 oz *Wide Noodles ½ c *California Blend 1 c Whole Grain Wheat Tropical Fruit ½ c</p> <p style="text-align: right;">ALT=CBG TR</p> | <p>4</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Seasoned Potato Wedges ½ c Cole Slaw ½ c W.G. Bun 2 oz *Scalloped Apples ½ c</p> <p style="text-align: right;">ALT=CBG RB</p> | <p>5</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Beets ½ c 2 Whole Grain Wheat Banana</p> <p style="text-align: right;">ALT=CBG TR</p> | <p>6</p> <p>*Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Cauliflower ½ c Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c</p> <p style="text-align: right;">ALT=CBG TR</p> |
| <p>9</p> <p>*Hamburger 3 oz Ketchup 2 PC Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Orange</p> <p style="text-align: right;">ALT=CS TR</p> | <p>10</p> <p>*Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz Mixed Vegetables 1 c Whole Grain Wheat Pineapple Chunks ½ c</p> <p style="text-align: right;">ALT=CBG T</p> | <p>11</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Peas ½ c 2 Whole Grain Rye Apricots ½ c</p> <p style="text-align: right;">ALT=CBG RB</p> | <p>12</p> <p>*Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c W.G. Biscuit, 2 oz Banana</p> <p style="text-align: right;">ALT=CBG T</p> | <p>13</p> <p>*Chicken Alfredo 4 oz *W.G. Pasta ½ c w 2 oz sauce Broccoli 1/2c, Cauliflower 1/2c W.G Roll 1 oz Sliced Pears ½ c</p> <p style="text-align: right;">ALT=CBG RB</p> |
| <p>16</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c</p> <p style="text-align: right;">ALT=CS TR</p> | <p>17</p> <p>*Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *W.G. Pasta ½ c *Capri Blend 1 c W. G. Breadstick 1 oz Sliced Peaches ½ c</p> <p style="text-align: right;">ALT=CBG RB</p> | <p>18</p> <p>*Tuna Salad 3 oz *Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Pears ½ c</p> <p style="text-align: right;">ALT=CBG RB</p> | <p>19</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze Green Beans ½ c Cheesy Potatoes ½ c Dinner Roll 2 oz Chunky Applesauce ½ c</p> <p style="text-align: right;">ALT=CBG T</p> | <p>20</p> <p>*Stuffed Pepper 6 oz w/2 oz Sauce W.G. Pasta ½ c *Zucchini 1 c W.G. Wheat Banana</p> <p style="text-align: right;">ALT=CBG TR</p> |
| <p>23</p> <p>BBQ Chicken Breast 3 oz *Sweet Potatoes ½ c Green Beans ½ c W.G. Corn Bread (2 oz) Apricots ½ c</p> <p style="text-align: right;">ALT=CS RB</p> | <p>24</p> <p>*Swedish Meatballs 3-1 oz *Noodles ½ c/* w/Gravy 2 oz Broccoli ½ c Carrots ½ c Whole Grain White Banana</p> <p style="text-align: right;">ALT=CBG TR</p> | <p>25</p> <p>*Turkey Tetrizzini 4oz *Spaghetti ½ c California Blend 1 c W.G. Wheat Applesauce ½ c</p> <p style="text-align: right;">ALT=CBG T</p> | <p>26</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w Gravy 2 oz Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c</p> <p style="text-align: right;">ALT=CBG TR</p> | <p>27</p> <p>*Cold Sliced Turkey 3 oz Mayo 1 PC *Cucumber Salad ½ c *Cole Slaw ½ c 2 Whole Grain Rye Fresh Grapes 1 c</p> <p style="text-align: right;">ALT=CBG RB</p> |
| <p>30</p> <p>*Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Applesauce ½ c</p> <p style="text-align: right;">ALT=CS T</p> | <p>31</p> <p>*Hamburger 3 oz Ketchup 2 PC Roasted Potato Wedges ½ c Baked Beans ½ c Whole Grain Bun Pineapple Chunks ½ c</p> <p style="text-align: right;">ALT=CBG TR</p> | <p>Menu Approved By:</p> <p>Ann Stahlheber MS, RDN, LD</p> | | <p>Choice of 1% Milk or Buttermilk</p> |
| <p>*=take temperature of Milk and all food preceded by an asterisk.</p> | | | | |

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

