

December 2020 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>1 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Broccoli ½ c Red Cabbage ½ c Whole Grain White Apricots ½ c</p> <p>ALT=CS TR</p>	<p>2 Hawaiian Chicken 3 oz *Rice Pilaf ½ c *California Blend 1c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CBG T</p>	<p>3 *Rosemary Pork Loin 3 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Cinnamon Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>4 *Tomato Basil Chicken 3 oz *WG Pasta ½ c Sauce 2 oz *Mixed Vegetables 1 c Whole Grain White Orange</p> <p>ALT=CBG RB</p>
<p>7 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c Whole Grain White Sliced Pears ½ c</p> <p>ALT-CS RB</p>	<p>8 *Beef Ravioli 8 oz Cereal bar, 1 oz *Green Beans, ½ c *Corn, ½ c Fruit Cocktail, ½ c Vanilla Wafers, 1 oz</p> <p>ALT=CBG TR</p>	<p>9 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c W Gravy *Harvard Beets ½ c WG Dinner Roll 2 oz Scalloped Apples ½ c</p> <p>ALT=CBG T</p>	<p>10 Chicken Stir Fry, 3 oz *Chicken Brown Rice ½ c Kyoto Blend 1 c Whole Grain White Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>11 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Corn Muffin 2 oz Grapes 1 c</p> <p>ALT=CBG TR</p>
<p>14 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Wheat Biscuit 2 oz Tropical Fruit ½ c</p> <p>ALT=CS TR</p>	<p>15 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c WG Corn Muffin 1 oz Sliced Peaches ½ c</p> <p>ALT=CBG T</p>	<p>16 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *WG Spiral Pasta ½ c *Capri Blend 1 c W. G. Breadstick 1 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>17 *Beef Stew 8 oz Green Peas ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana</p> <p>ALT=CBG T</p>	<p>18 *Breaded Fish 4 oz Tartar Sce 1 PC *Brown Rice ½ c *Antigua Blend 1 c Whole Grain White Banana</p> <p>ALT=CBG RB</p>
<p>21 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c</p> <p>ALT=CS RB</p>	<p>22 *Sloppy Joe 4 oz *Sweet Potatoes ½ c *Cape Cod Blend ½ c WG Hamburger Bun Apricots ½ c</p> <p>ALT=CBG T</p>	<p>23 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Sautéed Mushrooms ½ c Spinach ½ c / Vinegar 1 PC W.G. Vanilla Wafer 1 oz Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>24 *Roasted Turkey Breast 3 oz *Gravy 2 oz / *Stuffing ½ c *Butternut Squash ½ c *Green Beans ½ Whole Grain Dinner Roll 1 oz Cranberry Juice ½ c</p> <p>ALT=CBG RB</p>	<p>25 Christmas Day Sites Closed</p>
<p>28 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Diced Pears ½ c</p> <p>ALT=CS T</p>	<p>29 *Breaded Fish 3 oz *Rice Pilaf ½ c *Glazed Carrots ½ c Spinach ½ c / Vinegar 1 PC Whole Grain Wheat Grape Juice ½ c</p> <p>ALT=CBG TR</p>	<p>30 *Cold Sliced Turkey 3 oz Mayo 1 PC Three Bean Salad ½ c *Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>31 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c Baked Beans ½ c Whole Grain Bun Diced Pears ½ c</p> <p>ALT=CBG TR</p>	<p>*=take temperature of Milk and all food proceeded by an asterisk</p> <p>Choice of 1% Milk or Buttermilk</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

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

