

# January 2021 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu approved by: Ann Stahlheber M.S.R.D.L.D.</b>				<b>HAPPY NEW YEAR 2021 Site Closed</b>
4 *BBQ Chicken Breast 3 oz. *Carrots ½ c *Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz. ALT=CS RB	5 *Sweet & Sour Meatballs 3-1 oz Sauce 2 oz /*Brown Rice ½ c *Oriental Blend Vegetables ½ c *Green Peas ½ c Whole Grain Wheat Banana ALT=CBG T	6 *Stuffed Cabbage 4 oz. *w/Sauce 2 oz *Mashed Potatoes ½ c *Corn w/Red Peppers ½ c 2 Whole Grain Wheat Sliced Apricots ½ c ALT=CBG TR	7 * Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Harvard Beets ½ c Whole Grain Roll, 2 oz. Fresh Grapes 1 c ALT=CBG T	8 *2(2oz.) Stuffed Shells *w/Sauce 2 oz. *Spinach ½ c Lemon Juice 1 PC *California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c ALT=CBG RB
11 *Breaded Fish 4 oz. Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges 1/c *Cole Slaw ½ c W.G. Hamburger Bun Sliced Peaches ½ c ALT=CS RB	12 *Ham 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c *Cauliflower/Broccoli ½ c 2 Whole Grain White Mandarin Oranges ½ c ALT=CBG TR	13 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c ALT=CBG TR	14 *Chicken Cordon Bleu 6oz *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers Orange ALT=CBG RB	15 *Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash *Mixed Vegetables ½ c Whole Grain White Banana ALT=CBG T
18 <b>Martin Luther King Day  Site Closed</b>	19 *Vegetable Lasagna 6 oz *Seasoned Carrots ½ c *Spinach ½ c w. Lemon 1 PC W. G. Dinner Roll Grape Juice 4 oz. ALT=CS RB	20 *Salisbury Steak 3 oz. w *Gravy *W.G. Noodles ½ c *Cauliflower ½ c *Mixed Vegetables ½ c W. G. Wheat Banana ALT=CBG TR	21 *Beef Sloppy Joe 4 oz. Seasoned Wedge Potatoes ½ c Ketchup 1 PC Harvard Beets ½ c Whole Grain Bun 2 oz. Orange ALT=CBG T	22 *Chicken Breast Stuffed w*/Broccoli 6 oz. *Green Beans ½ c *Red Cabbage ½ c 2 Whole Grain White Mixed Fruit ½ c ALT=CBG RB
25 *Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT=CS RB	26 *Stuffed Pepper 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c ALT=CBG T	27 *Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Sliced Peaches ½ c ALT=CBG RB	28 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussel Sprouts ½ c W.G. Dinner Roll 2 oz. Chunky Applesauce ½ c ALT =CBG TR	29 *Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT=CBG TI

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

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

