

# January 2020 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menu approved by: Ann Stahlheber M.S.R.D.L.D.</b></p>		<p>1</p> <p><b>HAPPY NEW YEAR 2020 Site Closed</b></p>	<p>2</p> <p>*Swiss Steak 3 oz./Gravy 2 oz. *Carrots ½ c Green Beans ½ c W. G. Dinner Roll 2 oz Tropical Fruit ½ c</p> <p>ALT= CBG T</p>	<p>3</p> <p>*Roasted Turkey Breast 3 oz. *Gravy 2 oz. / Stuffing ½ c *Sweet Potatoes ½ c *Spinach ½ c / Lemon Juice 1 PC W.G. Wheat Banana</p> <p>ALT = CBG TR</p>
<p>6</p> <p>*BBQ Chicken Breast 3 oz. *Butternut Squash ½ c *Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz.</p> <p>ALT= CS RB</p>	<p>7</p> <p>*Sweet &amp; 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</p> <p>ALT=CBG T</p>	<p>8</p> <p>*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</p> <p>ALT= CBG TR</p>	<p>9</p> <p>* Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Harvard Beets ½ c Whole Grain Roll, 2 oz. Fresh Grapes 1 c</p> <p>ALT=CBG T</p>	<p>10</p> <p>*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</p> <p>ALT=CBG RB</p>
<p>13</p> <p>*Ham 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c *Cauliflower/Broccoli ½ c 2 Whole Grain White Mandarin Oranges ½ c</p> <p>ALT=CS TR</p>	<p>14</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC/Ketchup 1 PC *Potato Wedges 1c *Cole Slaw ½ c W.G. Hamburger Bun Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>15</p> <p>*BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>16</p> <p>*Chicken Cordon Bleu 6oz *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers Orange</p> <p>ALT=CBG RB</p>	<p>17</p> <p>*Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash *Mixed Vegetables ½ c Whole Grain White Banana</p> <p>ALT=CBG T</p>
<p>20</p> <p><b>Martin Luther King Day</b></p> <p><b>Site Closed</b></p>	<p>21</p> <p>*Vegetable Lasagna 6 oz *Seasoned Carrots ½ c *Spinach ½ c w. Lemon 1 PC W. G. Dinner Roll Grape Juice 4 oz.</p> <p>ALT=CS RB</p>	<p>22</p> <p>*Salisbury Steak 3 oz. w *Gravy *W.G. Noodles ½ c *Cauliflower ½ c *Mixed Vegetables ½ c W. G. Wheat Banana</p> <p>ALT=CBG TR</p>	<p>23</p> <p>*Beef Sloppy Joe 4 oz. Seasoned Wedge Potatoes ½ c Ketchup 1 PC Harvard Beets ½ c Whole Grain Bun 2 oz. Orange</p> <p>ATL=CBG T</p>	<p>24</p> <p>*Chicken Breast Stuffed w*/Broccoli 6 oz. *Green Beans ½ c *Red Cabbage ½ c 2 Whole Grain White Mixed Fruit ½ c</p> <p>ALT=CBG RB</p>
<p>27</p> <p>*Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, Carrots ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT=CS T</p>	<p>28</p> <p>*Stuffed Pepper 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT=CBG TR</p>	<p>29</p> <p>*Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>30</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussel Sprouts ½ c W.G. Dinner Roll 2 oz. Chunky Applesauce ½ c</p> <p>ALT =CBG TR</p>	<p>31</p> <p>*Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c</p> <p>ALT= CBG RB</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 w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

