

July 2021 WRAAA MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>Menu Approved By: Ann Stahlheber, M.S., R.D.N., L.D.</p> | <p>*=take temperature of Milk and all food proceeded by an asterisk</p> <p>Choice of 1% Milk or Buttermilk.</p> | | <p>1</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p> | <p>2</p> <p>*Hamburger 3 oz Ketchup 2 PC Roasted Potato Wedges ½ c Baked Beans ½ Whole Grain Bun Banana</p> <p>ALT=CBG TR</p> |
| <p>5</p> <p>Closed</p> <p>Happy Fourth of July!</p> | <p>6</p> <p>*Breaded Chicken Breast 3 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Apple Juice, 4 oz</p> <p>ALT-CS RB</p> | <p>7</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT=CBG TR</p> | <p>8</p> <p>*Chicken Alfredo 4 oz *Fettuccini ½ c Broccoli ½ c Cauliflower ½ W. G. Dinner Roll Orange</p> <p>ALT=CBG T</p> | <p>9</p> <p>*Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw 1/2 c 2 Whole Grain Wheat Fresh Grapes, 1 c</p> <p>ALT=CBG RB</p> |
| <p>12</p> <p>*Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Honey Wheat Biscuit 2 oz Apricots ½ c</p> <p>ALT=CS T</p> | <p>13</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c</p> <p>ALT=CBG TR</p> | <p>14</p> <p>Rueben with 2 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Cucumber Salad ½ c 2 Whole Grain Rye Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p> | <p>15</p> <p>*Breaded Chicken Breast 3 oz W.G. Pasta ½ c Marinara Sauce 2 oz Antigua Blend 1 c Breadstick 1 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p> | <p>16</p> <p>*Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Banana</p> <p>ALT=CBG T</p> |
| <p>19</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Sliced Pears ½ c</p> <p>ALT=CS RB</p> | <p>20</p> <p>*Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c Buttered Sliced Carrots ½ c Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz</p> <p>ALT=CBG TR</p> | <p>21</p> <p>*Chicken Stir Fry 3 oz *Brown Rice ½ c w Sauce 2 oz *Oriental Blend 1 c Cereal Bar 1 oz Mandarin Oranges ½</p> <p>ALT=CBG T</p> | <p>22</p> <p>*Swedish Meatballs 3-1 oz *Noodles ½ c/* w/Gravy 2 oz Broccoli ½ c Red Cabbage ½ c Whole Grain White Sliced Pears ½ c</p> <p>ALT=CBG T</p> | <p>23</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>ALT=CBG RB</p> |
| <p>26</p> <p>*Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c Carrots ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT=CS TR</p> | <p>27</p> <p>Hawaiian chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend 1 c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CBG T</p> | <p>28</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT=CBG TR</p> | <p>29</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c</p> <p>ALT=CBG RB</p> | <p>30</p> <p>*Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Fresh Grapes, 1 c</p> <p>ALT=CBG T</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

