

# June 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: Ann Stahlheber MS, RDN, LD</p>	<p>1 *Hamburger 3 oz Mustard &amp; Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun, 2 oz Applesauce, ½ c ALT=CS TR</p>	<p>2 *Chicken Stir Fry 3 oz *Brown Rice ½ c/Sauce 2 oz Oriental Blend 1 c Mandarin Oranges ½ c Oatmeal Cookie, 1 oz ALT=CBG RB</p>	<p>3 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Creamed Spinach ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ATL = CBG T</p>	<p>4 *Chicken Breast Stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Harvard Beets ½ c Whole Grain Dinner Roll 2 oz Apricots ½ c ALT=CBG RB</p>
<p>7 *Breaded Fish 4oz Tartar Sauce 1PC *Brown Rice ½ c *Zucchini ½ c Carrots ½ c 1 Whole Grain Wheat Pineapple tidbits, ½ c ATL = CS RB</p>	<p>8 2-2 oz. *Stuffed Shells *w/Sauce 2 oz Zucchini ½ c Glazed Baby Carrots ½ c 2 Whole Grain Wheat Applesauce ½ c ATL = CBG RB</p>	<p>9 Rueben with 2 oz *Turkey, 1 oz *Swiss Cheese, 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Cucumber Salad ½ c 2 Whole Grain Rye Peaches ½ c ATL=CBG TR</p>	<p>10 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c Whole Grain Dinner Roll 2 oz Banana, 1 ea. ATL = CBG T</p>	<p>11 Sliced Ham 3 oz w. Pineapple Glaze Scalloped Potatoes ½ c Harvard Beets ½ c Whole Grain Bun, 2 oz Fresh Grapes 1 c ATL = CBG TR</p>
<p>14 *Hamburger 3oz Mustard &amp; Ketchup 1 PC ea. Baked Beans ½ c Seasoned Potato Wedges ½ c W.G. Hamburger Bun, 2 oz Pears ½ c ALT = CS TR</p>	<p>15 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Applesauce ½ c ATL = CBG TR</p>	<p>16 *Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c Mushrooms ½ c Dinner Roll, 1 oz Pineapple ½ c ATL = CBG RB</p>	<p>17 *Roasted Turkey Breast 3 oz *Stuffing ½ c *Gravy 2 oz Mashed Potatoes ½ c Green Beans ½ c 1 Whole Grain White Cranberry Juice 4 oz ATL = CBG RB</p>	<p>18 *Beef Stew 8 oz *California blend 1/2 c Whole Grain Dinner Roll 2 oz Applesauce ½ c Grape Juice 4 oz ATL = CBG T</p>
<p>21 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Pears ½ c ALT = CS RB</p>	<p>22 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Rye Apple Juice 4 oz ALT = CBG TR</p>	<p>23 *Meatballs 3-1 oz *W.G. Spaghetti ½ c w/ Sauce 2 oz Antigua Blend 1 c Garlic Bread, 1 oz Peaches ½ c ATL=CBG T</p>	<p>24 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Tropical Fruit ½ c ATL = CBG RB</p>	<p>25 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c ALT = CBG RB</p>
<p>28 *Beef Lasagna 6 oz Antiqua Blend Veggie 1 c Whole Grain Garlic Toast 2 oz Oatmeal Cookie, 1 oz Mandarin Oranges ½ c ATL = CS RB</p>	<p>29 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Broccoli ½ c Capri Blend ½ c 1 Whole Grain Wheat Diced Pears, ½ c ATL = CBG TR</p>	<p>30 *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 ATL=CBG RB</p>	<p>*=Take Temperature of Milk and all food preceded by an asterisk</p>	<p>Choice of 1% Milk or Buttermilk</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

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