

# March 2021 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC *Cole Slaw ½ c *Potato Wedges ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT = CS TR</p>	<p>2</p> <p>*Baked Chicken Breast 3 oz. Gravy 2 oz. *Mashed Potatoes ½ c *Red Cabbage ½ c / 1PC vinegar Whole Grain White Pineapple Chunks ½ c</p> <p>ALT = CBG T</p>	<p>3</p> <p>*Roasted Turkey Breast, 3 oz *Gravy 2oz / *Stuffing ½ c *Green Beans ½ *Corn w/ Red Peppers ½ c W.G. Dinner Roll Banana</p> <p>ALT = CBG RB</p>	<p>4</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit, 2 oz. Sliced Apricots ½ c</p> <p>ALT = CBG T</p>	<p>5</p> <p>*Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend ½ c *Carrots ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT = CBG TR</p>
<p>8</p> <p>*Vegetable Lasagna 6 oz. *Cauliflower ½ c *California Blend ½ c Whole Grain Wheat Sliced Peaches ½ c W.G. Vanilla Wafers 1 oz.</p> <p>ALT = CS RB</p>	<p>9</p> <p>*BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c</p> <p>ALT = CBG RB</p>	<p>10</p> <p>*Salisbury Steak 3 oz. * Mushroom Gravy 2 oz. *W.G. Noodles ½ c Green Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CS T</p>	<p>11</p> <p>*Chicken Stir Fry 3 oz *Oriental Blend ½ c *Carrots ½ c *Brown Rice ½ c W.G Vanilla Wafers. Sliced Pears ½ c</p> <p>ALT = CBG TR</p>	<p>12</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Au gratin Potatoes ½ c *Cauliflower/Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 cup</p> <p>ALT=CBG T</p>
<p>15</p> <p>*Cheese Ravioli 6 oz. *Broccoli ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Sliced Peaches ½ c</p> <p>ALT = CS RB</p>	<p>16</p> <p>*Beef Meatloaf w/ Ketchup Glaze 3 oz. *Baked Beans ½ c *Antigua Blend ½ c 2 Whole Grain White Chunky Applesauce ½ c</p> <p>ALT = CBG T</p>	<p>17</p> <p>* Roasted Turkey Breast 3 oz. * Gravy 2 oz./ Stuffing ½ c *Green Peas ½ c Cape Cod Blend 1/2 c 1 Whole Grain White Mixed Fruit ½ c</p> <p>ALT = CBG RB</p>	<p>18</p> <p>*Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana</p> <p>ALT = CBG TR</p>	<p>19</p> <p>*Tomato Basil Chicken 3 oz. *W G Pasta ½ c Sauce 2 oz. *Spinach ½ c/1 PC Lemon Juice *Carrots ½ c W.G. Wheat Fresh Grapes 1 c</p> <p>ALT = CBG T</p>
<p>22</p> <p>*2-2 oz. Stuffed Shells w/ Sauce 2 oz. *Spinach ½ c/1 PC Lemon Juice *Capri Blend ½ c Whole Grain Garlic Toast 2 oz. Sliced Pears ½ c</p> <p>ALT = CS TR</p>	<p>23</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Cauliflower ½ c *Kyoto Blend ½ c Whole Grain White Mixed Fruit ½ c</p> <p>ALT = CBG RB</p>	<p>24</p> <p>*Lemon Gravy 2 oz/ Chicken 3 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain White Orange</p> <p>ALT = CBG T</p>	<p>25</p> <p>*BBQ Rib Patty 3 oz. BBQ Sauce 1 PC *Sweet Potatoes ½ c *Brussel Sprouts ½ c Whole Grain Bun Fresh grapes 1 c</p> <p>ALT = CBG RB</p>	<p>26</p> <p>*Stuffed Cabbage 6 oz. w/ Sauce 2 oz. *Mashed Potatoes ½ c *Cape Cod Blend ½ c 2 Whole Grain Wheat Banana</p> <p>ALT = CBG T</p>
<p>29</p> <p>*Hamburger 3 oz. Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Chunky Applesauce ½</p> <p>ALT = CS TR</p>	<p>30</p> <p>*Beef Sloppy Joe 4 oz. *Green Peas ½ c *Harvard Beets ½ c Whole Grain Bun Sliced Apricots ½ c</p> <p>ALT = CBG TR</p>	<p>31</p> <p>*Swedish Meatballs 3-1 oz. w/Gravy 2 oz./ *Noodles ½ c *Green Beans ½ c Sautéed Mushrooms ½ c. Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CBG T</p>	<p>Choice of 1% Milk or Buttermilk</p> <p>*=Take Temperature of milk and all food proceeded by an asterisk</p>	<p><b>Menu Approved By:</b> <b>Ann Stahlheber M.S., R.D.N., L.D.</b></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