### November 2020 WRAAA Menu

#### Monday
- **Breaded Fish** 4 oz
- Tartar Sauce 1 PC
- Brown Rice ½ c
- Antigua Blend 1 c
- Whole Grain White Apricots ½ c

#### Tuesday
- **Tomato Basil Chicken** 3 oz
- W.G. Pasta 1 c
- Sauce 2 oz
- Mixed Vegetables ½ c
- Corn ¼ c
- Peppers ½ c
- Peaches ½ c

#### Wednesday
- **Sloppy Joe** 4 oz
- Cheesy Potatoes ½ c
- Baby Carrots ½ c
- Whole Grain Hamburger Bun
- Sliced Pears ½ c

#### Thursday
- **Beef Stew** 8 oz
- Brussel Sprouts ½ c
- Whole Grain Hamburger Bun
- Whole Grain Wheat Fruited Yogurt, 6 oz
- Banana, 1 ea

#### Friday
- **Hawaiian Chicken** 3 oz
- Rice Pilaf ½ c
- Oriental Blend 1 c
- Whole Grain Wheat
- Pineapple Chunks ½ c

#### 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

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**Menu Approved By:**
Ann Stahlheber MS, RDN, LD

**Choice of 1% Milk or Buttermilk**

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**Take temperature of Milk and all food proceeded by an asterisk.**

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**Western Reserve Area Agency on Aging - 2020**