

November 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>1</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Antigua Blend ½ c Whole Grain White Apricots ½ c Cranberry Juice 4 oz</p> <p>ALT=CS RB</p>	<p>2</p> <p>*Tomato Basil Chicken 3oz. *W.G. Pasta ½ c w/S 2 oz. *Mixed Vegetables ½ c *Corn w/Red Peppers ½ c Breadstick, 1 oz Peaches ½ c</p> <p>ALT=CBG T</p>	<p>3</p> <p>*Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c</p> <p>ALT=CBG TR</p>	<p>4</p> <p>*Lemon Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CBG RB</p>	<p>5</p> <p>*Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Fruited yogurt, 6 oz Banana, 1 ea</p> <p>ALT=CBG T</p>	
<p>8</p> <p>*Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c w 2 oz sauce *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c</p> <p>ALT=CS TR</p>	<p>9</p> <p>*Salisbury Steak 3 oz w *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Peaches ½ c</p> <p>ALT=CBG T</p>	<p>10</p> <p>*Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Buttered Beets ½ c, *Broccoli ½ c Whole Grain Bun 2 oz Diced Pears ½ c</p> <p>ALT=CBG RB</p>	<p>Veteran's Day</p> <p>Site Closed</p>		
<p>15</p> <p>*Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c</p> <p>ALT=CS T</p>	<p>16</p> <p>*Meatballs 3-1oz *Spaghetti 1/2c w/ Tomato Sauce *Green Beans ½ c Cauliflower ½ c Whole Grain Wheat Banana, 1 ea</p> <p>ALT=CBG TR</p>	<p>17</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c Spinach ½ c w Lemon 1PC WG Corn Muffin 1 oz Sliced Peaches ½ c Apple Juice 4 oz</p> <p>ALT=CBG RB</p>	<p>18</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Grapes, 1 c</p> <p>ALT=CBG T</p>	<p>19</p> <p>*Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c Broccoli ½ c Whole Grain wheat Scalloped Apples ½ c</p> <p>ALT=CBG RB</p>	
<p>22</p> <p>*Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Cauliflower ½ c Whole Grain Wheat Pears ½ c</p> <p>ALT=CS TR</p>	<p>23</p> <p>*Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c</p> <p>ALT=CBG T</p>	<p>24</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice ½ c</p> <p>ALT=CBG RB</p>	<p>Thanksgiving Day</p> <p>Site Closed</p>		
<p>29</p> <p>*Vegetable Lasagna, 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c</p> <p>ALT=CS RB</p>	<p>30</p> <p>*Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange</p> <p>ALT=CBG TR</p>	<p>Choice of 1% Milk Or Buttermilk</p>		<p>*=take temperature of Milk and all food proceeded by an asterisk.</p>	
				<p>Menu Approved By: Ann Stahlheber MS, RDN, LD</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