

January 2022 WRAAA Menu

HAPPY NEW YEAR, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>*Sweet & Sour Meatballs 3-1 oz Sauce 2 oz /*Brown Rice ½ c *Oriental Blend Vegetables ½ c *Green Peas ½ c Whole Grain Wheat Orange Juice 4 oz.</p> <p>ALT=CS TR</p>	<p>4</p> <p>*Breaded Chicken Breast, 3 oz Mayo 1 PC *Carrots ½ c *Brussels Sprouts ½ c W.G. Hamburger Bun 2 oz. Banana</p> <p>ALT=CBG RB</p>	<p>5</p> <p>*Stuffed Cabbage 4 oz. *w/Sauce 2 oz *Mashed Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain Wheat Sliced Apricots ½ c</p> <p>ALT=CBG T</p>	<p>6</p> <p>* Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Corn w/Red Peppers ½ c Whole Grain Roll, 2 oz. Orange</p> <p>ALT=CBG TR</p>	<p>7</p> <p>*2(2oz.) Stuffed Shells *w/Sauce 2 oz. *Spinach ½ c Lemon Juice 1 PC *California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c</p> <p>ALT=CBG RB</p>
<p>10</p> <p>*Breaded Fish 4 oz. Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Scalloped Apples ½ c</p> <p>ALT=CS RB</p>	<p>11</p> <p>*Salisbury Steak 3 oz. w *Gravy *W.G. Noodles ½ c *Cauliflower ½ c *Mixed Vegetables ½ c W. G. Wheat Diced Peaches ½ c</p> <p>ALT=CBG TR</p>	<p>12</p> <p>*Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>13</p> <p>*Pineapple Glaze Ham 3 oz. *Scalloped Potatoes ½ c *Buttered Carrots ½ c 2 Whole Grain White Sliced Pears ½ c</p> <p>ALT=CBG T</p>	<p>14</p> <p>*Chicken Cordon Bleu 6oz *Mashed Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange</p> <p>ALT=CBG RB</p>
<p>17</p> <p>Martin Luther King Day</p> <p>Site Closed</p>	<p>18</p> <p>*Vegetable Lasagna 6 oz *Seasoned Carrots ½ c W. G. Dinner Roll, 2 oz Mixed Fruit, ½ c Grape Juice 4 oz.</p> <p>ALT=CS RB</p>	<p>19</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Dinner Roll 2 oz. Chunky Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>20</p> <p>*Chicken Breast Stuffed w*/Broccoli 6 oz. *Diced Potatoes ½ c *Green Beans ½ c 2 Whole Grain White Orange</p> <p>ATL=CBG T</p>	<p>21</p> <p>*Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC *Buttered Beets ½ c Whole Grain Bun 2 oz. Tropical Fruit ½ c</p> <p>ALT=CBG TR</p>
<p>24</p> <p>*Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c</p> <p>ALT=CS RB</p>	<p>25</p> <p>*Stuffed Peppers 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT=CBG T</p>	<p>26</p> <p>*Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash ½ c *Mixed Vegetables ½ c Whole Grain White Banana</p> <p>ALT=CBG RB</p>	<p>27</p> <p>*BBQ Chicken, 3 oz. *Macaroni and Cheese, ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Grapes 1 c</p> <p>ALT=CBG RB</p>	<p>28</p> <p>*Breaded Fish 4 oz. Tartar Sce 1 PC *Rice Pilaf ½ c *Corn ½ c *Broccoli ½ c W.G. Wheat Pineapple Tidbits ½ c</p> <p>ALT=CBG TR</p>
<p>31</p> <p>*Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, *Carrots ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT=CS TR</p>		<p>Menu Approved by: <i>Ann Staltheber, MS, RDN, LD</i></p>	<p>Choice of : 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk</p>	

Western Reserve Area Agency on Aging - 2022

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

