

December 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By:</p> <p><i>Ann Stahlheber MS, RDN, LD</i></p>	<p>*=take temperature of Milk and all food proceeded by an asterisk</p> <p>Choice of 1% Milk or Buttermilk</p>		<p>1</p> <p>*Beef Stew 8 oz *Green Peas ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana</p> <p>ALT=CBG TR</p>	<p>2</p> <p>* Baked Chicken Breast 4 oz w *Gravy 2oz *Butternut Squash ½ c *Broccoli ½ c W.G. Dinner Roll 2 oz Cinnamon Applesauce ½ c</p> <p>ALT=CBG T</p>
<p>5</p> <p>*Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Sliced Pears ½ c</p> <p>ALT-CS RB</p>	<p>6</p> <p>*Beef Ravioli 8 oz Cereal bar, 1 oz *Green Beans, ½ c *Corn, ½ c Fruit Cocktail, ½ c Vanilla Wafers, 1 oz</p> <p>ALT=CBG TR</p>	<p>7</p> <p>*Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c W *Gravy 2 oz *Harvard Beets ½ c W.G. Dinner Roll 2 oz Scalloped Apples ½ c</p> <p>ALT=CBG T</p>	<p>8</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c Spinach ½ c / Vinegar 1 PC *Baked Beans ½ c W.G. Corn Muffin 1 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>9</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Corn Muffin 2 oz Grapes 1 c</p> <p>ALT=CBG TR</p>
<p>12</p> <p>*Stuffed Pepper 6 oz w/2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Wheat Biscuit 2 oz Tropical Fruit ½ c</p> <p>ALT=CS TR</p>	<p>13</p> <p>*Breaded Fish 4 oz Tartar Sce 1 PC *Brown Rice ½ c *Antigua Blend ½ c *Brussels Sprouts ½ c W.G. White Banana</p> <p>ALT=CBG RB</p>	<p>14</p> <p>*Sloppy Joe 4 oz *Sweet Potatoes ½ c *Cape Cod Blend ½ c W.G. Hamburger Bun Apricots ½ c</p> <p>ALT=CBG TR</p>	<p>15</p> <p>*Tomato Basil Chicken 3 oz *W.G. Pasta ½, w Sauce 2 oz *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Orange</p> <p>ALT=CBG T</p>	<p>16</p> <p>*Chicken Stir Fry, 3 oz *Chicken *Brown Rice ½ c *Kyoto Blend ½ c, *Asian Blend ½ c W.G. White Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>
<p>19</p> <p>*Swedish Meatballs 3-1 oz *Mashed Potatoes* w/Gravy 2 oz *Broccoli ½ c 2, W.G. White Apricots ½ c</p> <p>ALT=CS TR</p>	<p>20</p> <p>*Breaded Chicken Breast 3 oz *W.G. Pasta ½ c, *Tomato Sc. 2oz *Capri Blend ½ c Spinach ½ c / Vinegar 1 PC W. G. Breadstick 1 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>21</p> <p>*Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Sautéed Mushrooms ½ c *Beets ½ c W.G. White Orange</p> <p>ALT=CBG TR</p>	<p>22</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz / *Stuffing ½ c *Butternut Squash ½ c *Green Beans ½ W.G. Dinner Roll 1 oz Cranberry Juice ½ c</p> <p>ALT=CBG T</p>	<p>23</p> <p>*Hawaiian Chicken 3 oz *Rice Pilaf ½ c *California Blend ½ c *Green Peas ½ c W.G. Wheat Tropical Fruit ½ c</p> <p>ALT=CBG RB</p>
<p>26</p> <p>Holiday Sites Closed</p>	<p>27</p> <p>*Breaded Fish 3 oz *Rice Pilaf ½ c *Glazed Carrots ½ c Spinach ½ c / Vinegar 1 PC Whole Grain Wheat Grape Juice 4 oz</p> <p>ALT=CS RB</p>	<p>28</p> <p>*Turkey Tetrizzini w W.G. Spaghetti ½ c & Turkey 3 oz *Mixed Vegetables ½ c *Cauliflower ½ c Whole Grain White Banana</p> <p>ALT=CBG RB</p>	<p>29</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c *Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c</p> <p>ALT=CBG T</p>	<p>30</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Diced Pears ½ c</p> <p>ALT=CS TR</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

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