

May 2023 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>*Roasted Pork Loin 3 oz *Seasoned Potato Wedges ½ c *Green Peas ½ c 1 Whole Grain Rye Applesauce ½ c Oatmeal Cookie, 1 oz</p> <p>ALT = CS TR</p>	<p>2</p> <p>2-2 oz. Cheese Ravioli *w/Sauce 2 oz *Broccoli ½ c *Glazed Baby Carrots ½ c W. G. Dinner Roll, 2 oz Apricots ½ c</p> <p>ALT = CBG RB</p>	<p>3</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Pears ½ c</p> <p>ALT= CBG T</p>	<p>4</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>5</p> <p>*Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Grape Juice 4 oz</p> <p>ALT = CBG TR</p>
<p>8</p> <p>*Chicken Cordon Bleu 6 oz *W.G. Pasta W. Pesto Sauce ½ c *Green Beans ½ c *Carrot Coins ½ c 2 Whole Grain White Pears ½ c</p> <p>ALT = CS RB</p>	<p>9</p> <p>*Fish 4 oz/Tartar Sauce 1PC *Brown Rice ½ c *Buttered Beets ½ c *Spinach ½ c / 1 PC Vinegar 1 Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT = CBG RB</p>	<p>10</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 Whole Wheat Bread Peaches ½ c</p> <p>ALT = CBG T</p>	<p>11</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *California Blend ½ c 2 Whole Grain White Banana</p> <p>ALT = CBG TR</p>	<p>12</p> <p>*Chicken 3 oz. Lemon Gravy 2 oz/ *Brown Rice ½ c *Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Apple Juice ½ c</p> <p>ALT = CBG RB</p>
<p>15</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Mixed Vegetables ½ c W.G. Biscuit Apricots ½ c</p> <p>ALT = CS TR</p>	<p>16</p> <p>*Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Green Beans ½ c 1 Whole Grain White Cranberry Juice ½ c</p> <p>ALT=CBG RB</p>	<p>17</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange</p> <p>ALT = CBG RB</p>	<p>18</p> <p>*Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Bermuda Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c</p> <p>ALT = CBG T</p>	<p>19</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green Beans ½ c WG Corn Muffin 1 oz Grapes 1 c</p> <p>ALT = CBG TR</p>
<p>22</p> <p>*Beef Lasagna 8 oz *Cauliflower ½ c *Green Beans ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c</p> <p>ALT = CS TR</p>	<p>23</p> <p>*Beef Meatloaf 3 oz w *Gravy 2 oz / *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CBG TR</p>	<p>24</p> <p>*Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Mandarin Oranges ½ c</p> <p>ALT = CBG RB</p>	<p>25</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Carrots ½ c *Harvard Beets ½ c 1 Whole Grain Wheat Pears ½ c</p> <p>ALT = CBG RB</p>	<p>26</p> <p>*Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c *Spinach ½ c/ 1 Vinegar PC W.G. Dinner Roll, 2 oz Applesauce ½ c</p> <p>ALT = CBG T</p>
<p>29</p> <p>Memorial Day Site Closed</p>	<p>30</p> <p>*Stuffed Shells, 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Applesauce ½ c</p> <p>ALT = CS RB</p>	<p>31</p> <p>*Swedish Meatballs 3-1 oz w/ *Gravy 2 oz *Noodles ½ c *Green Peas ½ c *Mushrooms ½ c 1 Whole Wheat Bread Orange</p> <p>ALT = CBG TR</p>	<p>Choice of 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food preceded by an asterisk.</p>	<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>

Western Reserve Area Agency on Aging - 2023

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