

# SEPTEMBER 2023 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stalheber 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 ** Serve Emergency Item (caterer will replace)</p>		<p>1 *Meatball Sub 3 – 1 oz W.G. Sub Bun/*Marinara Sce 2 oz *Green Beans ½ c *Mushrooms ½ c Applesauce ½ c ALT=CBG TR</p>
<p>4 <b>Labor Day</b> <b>Sites Closed</b></p>	<p>5 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CS TR</p>	<p>6 *Chicken, 3 oz and Dumplings ½ c *Green Beans ½ *Spinach ½ c w Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB</p>	<p>7 *Breaded Fish 3 oz Tartar Sauce 1 PC *Lima Beans 1/2 c *Carrots ½ c Whole Grain Bun 2 oz Orange ALT=CBG RB</p>	<p>8 *Sweet &amp; Sour Pork Loin 4 oz *Buttered Noodles ½ c *Sautéed Cabbage ½ c *Beets ½ c W.G. Dinner Roll Apricots ½ c ALT=CBG T</p>
<p>11 *Stuffed Pepper 6 oz *W.G. Pasta ½ c w/2 oz Sauce *Zucchini &amp; *Yellow Squash 1 c W.G. Wheat Fruit Cocktail ½ c ALT=CS TR</p>	<p>12 *BBQ Chicken *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Banana ALT=CBG RB</p>	<p>13 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Fresh Grapes 1 c ALT=CBG T</p>	<p>14 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *California Blend ½ c 2 Whole Grain White Apricots ½ c ALT=CBG RB</p>	<p>15 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CBG RB</p>
<p>18 *Stuffed Cabbage 6 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Whole Grain Wheat Pineapple Chunks ½ c Grape Juice ½ c ALT=CS TR</p>	<p>19 *Chicken Stir Fry 3 oz Brown Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c Mandarin Oranges ½ c **W.G. Vanilla Wafer 1 oz ALT=CBG RB</p>	<p>20 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Carrots ½ c W.G. Dinner Roll, 2 oz Pears ½ c ALT=CBG TR</p>	<p>21 *Roasted Turkey Breast 3 oz Gravy 2 oz, Bread Stuffing ½ c *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll Cranberry Juice 4 oz ALT=CBG RB</p>	<p>22 *Breaded Chicken Parmesan 3 oz *W.G. Pasta ½ c Marinara Sauce 2 oz *Capri Blend ½ c, *Green Beans ½ c W. G. Breadstick 1 oz Fresh Grapes 1 c ALT=CBG RB</p>
<p>25 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Sliced Pears ½ c ALT=CS RB</p>	<p>26 *Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Mandarin Oranges ½ c ALT=CBG RB</p>	<p>27 *Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Wheat 2 Applesauce ½ c ALT=CBG T</p>	<p>28 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Green Beans ½ c *Red Cabbage ½ c Whole Grain White Apricots ½ c ALT=CBG TR</p>	<p>29 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBG TR</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

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

