

# October 2023 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll, 2 oz Sliced Peaches ½ c ALT=CS	3 *Baked Chicken Breast 3 oz w Gravy 2oz *Cheesy Potatoes ½ c *Sautéed Swiss Chard ½ c Whole Grain Biscuit, 2 oz Mandarin Oranges ½ c ALT=CBG	4 *Chicken, 3 oz and Dumplings ½ c *Carrot Coins ½ c *Spinach ½ c w Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CBG	5 *Beef Sloppy Joe 4 oz *Oven Roasted Potatoes 4 oz *Broccoli ½ c W.G. Hamburger Bun 2 oz Scalloped Apples ½ c ALT=CBG	6 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *Cauliflower ½ c *Zucchini ½ c W. G. Garlic Toast 2 oz Red Grapes 1 c ALT=CBG
9 <b>Indigenous People's Day</b>  <b>Site Closed</b>	10 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Tropical Fruit ½ c W.G. Vanilla Wafers 1 oz ALT=CS	11 *Roasted Turkey Breast 3 oz *Gravy 2 oz w/W.G. Stuffing ½ c *Mashed Potatoes ½ c *Green Beans ½ c W.G. White Applesauce ½ c ALT=CBG	12 *Breaded Fish 3 oz *Brown Rice Pilaf ½ c *Capri Blend 1/2 c *Carrots ½ c W.G. Dinner Roll 1 oz Orange ALT=CBG	13 *Stuffed Pepper 6 oz w/ *2 oz Sauce *Mashed Potatoes ½ c *Mixed Vegetables ½ c W.G. Biscuit 2 oz Applesauce ½ c ALT=CBG
16 *Chicken stuffed with Broccoli 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CS	17 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c Green Peas ½ c Whole Grain White Mixed Fruit ½ c ALT=CBG	18 *Stuffed Cabbage 6 oz *Noodles ½ c *Tomato Sauce 2 oz *Antigua Blend Vegetables ½ c Spinach ½ c/ Lemon Juice 1 PC Whole Grain Wheat Apricots ½ c ALT=CBG	19 *Chicken Cacciatore 3 oz *WG Pasta ½ c W *Sauce 2 oz. *Mixed Vegetables ½ c California Blend ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG	20 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Brussels Sprouts ½ c 2 Whole Grain Wheat Mandarin Oranges ALT=CBG
23 *Roasted Turkey 3 oz *Gravy 2 oz *Butternut Squash ½ c Green Beans ½ c W.G. Biscuit 2 oz Pears ALT=CS	24 *Meatball Sub 3 – 1 oz W.G. Sub Bun *Marinara Sauce 2 oz *Zucchini ½ c Applesauce ½ Grape Juice 4 oz ALT=CBG	25 *Breaded Fish 3 oz, Tartar Sce 1 PC W.G. Hamburger Bun Green Peas ½ c Harvard Beets ½ c Banana ALT=CBG	26 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Dinner Roll 2 oz Apricots ½ c ALT=CBG	27 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Banana ALT=CBG
30 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CS	31 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Applesauce ½ c ALT=CBG	Menu Approved By:  <i>Ann Stahlheber MS, RDN, LD</i>		* =take temperature of Milk and all food proceeded by an asterisk  Choice of 1% Milk or Buttermilk

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

