

November 2023 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk Or Buttermilk	*=take temperature of Milk and all food proceeded by an asterisk.	1 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c	2 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c, *Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c	3 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c, *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Grapes, 1 c
		ALT=CBG TR	ALT=CBG RB	ALT=CBG T
6 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c w/ 2 oz Sauce *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c	7 *Tomato Basil Chicken 3oz. *W.G. Pasta ½ c w/Sce 2 oz. *Mixed Vegetables ½ c Breadstick, 1 oz Peaches ½ c Grape Juice 4 oz	8 *Beef Stew 8 oz *Brussels Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea	9 *Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Buttered Beets ½ c / *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c	10 Veteran's Day Site Closed
ALT=CS TR	ALT=CBG T	ALT = CBG RB	ALT=CBG RB	
13 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c	14 *Meatballs 3-1oz *Spaghetti 1/2c w/ Tomato Sauce *Green Beans ½ c *Cauliflower ½ c Whole Grain Wheat Pineapple chunks ½ c	15 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Spinach ½ c w Lemon 1PC W.G. Corn Muffin 1 oz Sliced Peaches ½ c Apple Juice 4 oz	16 *Salisbury Steak 3 oz w *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Peaches ½ c	17 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c *Broccoli ½ c Whole Grain wheat Scalloped Apples ½ c
ALT=CS T	ALT=CBG TR	ALT=CBG RB	ALT=CBG T	ALT=CBG RB
20 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Cauliflower ½ c Whole Grain Wheat Pears ½ c	21 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c	22 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz	23 Thanksgiving Day Site Closed	24 *Breaded Fish 3 oz Tartar Sauce 1 PC *Rice Pilaf ½ c *Cape Cod Blend 1 c Whole Grain Wheat Peaches ½ c
ALT=CS TR	ALT=CBG T	ALT=CBG RB		ALT=CBG TR
27 *Vegetable Lasagna 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c	28 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange	29 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w/ Gravy 2 oz *Green Peas ½ c 2 Whole Grain White Apricots ½ c	30 *Chicken Stew 8 oz *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c Corn Bread, 2 oz Orange, 1 ea	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>
ALT=CS T	ALT=CBG TR	ALT=CBG RB	ALT=CBG T	

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

