

# April 2024 WRAAA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 *Sliced Ham 3 oz w. Pineapple Glaze *Cheesy Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun, 2 oz Applesauce ½ c ALT =CS TR	2 *Roasted Turkey, 3 oz *Mashed potatoes ½ c w gravy *Green Beans ½ c W.G. Dinner Roll, 2 oz Peaches ½ c ALT = CBG RB	3 *Meatballs 3-1 oz * WG Spaghetti ½ c w/ Sce 2 oz *California Blend ½ c *Spinach ½ c /1 Lemon PC Whole Grain White Apricots, ½ c ALT = CF T	4 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit, 2 oz. Fresh grapes 1 c ALT = CBG V	5 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Wheat Bread c Pears ½ c ALT = CF TR
8 *Hamburger 3 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Mixed Fruit ½ c ALT = CS V	9 *Chicken Stew 8 oz *California blend 1/2 c Whole Grain Dinner Roll 2 oz Apple Juice ½ c Banana ALT = CF RB	10 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Wheat Bread Applesauce ½ c ALT = CBG TR	11 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green beans ½ c W.G. Corn Muffin, 1 oz Peaches ½ c ALT = CF RB	12 *3 oz. Corned Beef Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c ALT=CBG T
15 *Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Grape juice ½ c ALT = CS RB	16 *Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange, 1 ea ALT = CBG V	17 *Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Applesauce ½ c Cranberry juice ½ c ALT = CF T	18 *Lemon Picatta Chicken 3 oz *Brown Rice Pilaf ½ c *Bermuda Blend ½ c *Carrots ½ c Whole Grain White Pineapple Chunks ½ c ALT = CBG RB	19 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Antigua Blend ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c ALT = CF TR
22 *Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c W. G. Dinner Roll 2 oz Pears ½ c ALT = CS TR	23 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Carrots ½ c *Vanilla Wafers 1 oz Mandarin Oranges ½ c ALT=CF RB	24 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Apricots ½ c ALT = CBG T	25 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun, 2 oz Banana, 1 ea ATL = CF TR	27 *Vegetable Lasagna 6 oz. *Carrots ½ c *Succotash ½ c Whole Grain Wheat Pineapple Chunks ½ c W.G. Vanilla Wafers 1 oz ALT=CBG T
29 *Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain Wheat Sliced Apricots ½ c ALT = CS T	30 *Sloppy Joe 3 oz. *Sweet Potatoes ½ c *Corn ½ c W.G. Bun, 2 oz. Fruit Cocktail ½ c ALT = CBG T		Choice of 1% Milk or Buttermilk *=Take Temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: <i>Ann Stalheber MS, RDN, LD</i>

Western Reserve Area Agency on Aging - 2024

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese  
 ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese