

December 2024 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Sliced Pears ½ c <p>ALT=CS T</p>	<p>3</p> <ul style="list-style-type: none"> *Beef Ravioli 8 oz *Green Beans ½ c *Corn ½ c Fruit Cocktail ½ c Cereal bar, 1 oz Vanilla Wafers 1 oz <p>ALT=CBG TR</p>	<p>4</p> <ul style="list-style-type: none"> *Stuffed Cabbage w/ Beef 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Harvard Beets ½ c W.G. Dinner Roll 2 oz Scalloped Apples ½ c <p>ALT=CF T</p>	<p>5</p> <ul style="list-style-type: none"> *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c Spinach ½ c w/ Vinegar 1 PC *Baked Beans ½ c W.G. Corn Muffin 1 oz Sliced Peaches ½ c <p>ALT=CBG V</p>	<p>6</p> <ul style="list-style-type: none"> *Beef Stir Fry 3 oz *Brown Rice ½ c *Kyoto Blend ½ c *Japanese Blend ½ c W.G. White Mandarin Oranges ½ c <p>ALT=CF TR</p>
<p>9</p> <ul style="list-style-type: none"> *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Wheat Biscuit 2 oz Tropical Fruit ½ c <p>ALT=CS TR</p>	<p>10</p> <ul style="list-style-type: none"> *Breaded Fish 4 oz Tartar Sce 1 PC *Rice Pilaf ½ c *Antigua Blend ½ c *Brussels Sprouts ½ c W.G. White Banana <p>ALT=CBG RB</p>	<p>11</p> <ul style="list-style-type: none"> *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Orange <p>ALT=CF TR</p>	<p>12</p> <ul style="list-style-type: none"> *Tomato Basil Chicken 3 oz *W.G. Pasta ½ c w/ Sauce 2 oz *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Apricots ½ c <p>ALT=CBG T</p>	<p>13</p> <ul style="list-style-type: none"> *Baked Chicken Breast 3 oz *Gravy 2 oz *Key Largo Vegetables ½ c Mashed Potatoes ½ c W.G. Biscuit 2 oz Applesauce ½ c <p>ALT=CF RB</p>
<p>16</p> <ul style="list-style-type: none"> *Turkey Tetrazzini w/ W.G. Spaghetti ½ c & Turkey 3 oz *Mixed Vegetables ½ c *Cauliflower ½ c Whole Grain White Peaches ½ c <p>ALT=CS TR</p>	<p>17</p> <ul style="list-style-type: none"> *Sweet & Sour Pork Loin 4 oz *Brown Rice ½ c *Sautéed Mushrooms ½ c *Beets ½ c W.G. White Orange <p>ALT=CBG RB</p>	<p>18</p> <ul style="list-style-type: none"> *Breaded Chicken Breast 3 oz *W.G. Pasta ½ c, *Tomato Sc. 2 oz *Capri Blend ½ c Spinach ½ c w/ Vinegar 1 PC W. G. Breadstick 1 oz Applesauce ½ c <p>ALT=CF TR</p>	<p>19</p> <ul style="list-style-type: none"> *Swedish Meatballs 3-1 oz *Mashed Potatoes* w/ Gravy 2 oz *Broccoli ½ c 2 W.G. White Banana <p>ALT=CBG T</p>	<p>20</p> <ul style="list-style-type: none"> *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *California Blend ½ c *Green Peas ½ c W.G. Wheat Tropical Fruit ½ c <p>ALT=CF V</p>
<p>23</p> <ul style="list-style-type: none"> *Breaded Fish 3 oz *Rice Pilaf ½ c *Glazed Carrots ½ c Spinach ½ c w/ Vinegar 1 PC Whole Grain Wheat Applesauce ½ c <p>ALT=CS RB</p>	<p>24</p> <ul style="list-style-type: none"> *Roasted Turkey Breast 3 oz *Gravy 2 oz w/ *Stuffing ½ c *Butternut Squash ½ c *Green Beans ½ c W.G. Dinner Roll 1 oz Cranberry Juice ½ c <p>ALT=CBG V</p>	<p>25</p> <p style="text-align: center;">Holiday Sites Closed</p>	<p>26</p> <ul style="list-style-type: none"> *Chicken Cordon Bleu 7 oz *Mashed Potatoes ½ c *Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c <p>ALT=CBG T</p>	<p>27</p> <ul style="list-style-type: none"> *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Red Grapes 1 c <p>ALT=CF TR</p>
<p>30</p> <ul style="list-style-type: none"> *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Corn Muffin 2 oz Cinnamon Applesauce ½ c <p>ALT = CS TR</p>	<p>31</p> <ul style="list-style-type: none"> * Baked Chicken Breast 4 oz *Gravy 2 oz *Butternut Squash ½ c *Broccoli ½ c W.G. Dinner Roll 2 oz Diced Pears ½ c <p>ALT=CBG V</p>	<p>Menu Approved By:</p> <p style="text-align: center;"><i>Ann Stalheber MS, RDN, LD</i></p>	<p>*=take temperature of Milk and all food proceeded by an asterisk</p> <p>Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice</p>	

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