

January 2025 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i></p>	<p>Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice</p> <p>*=Take Temperature of Milk and all food preceded by an asterisk</p>	<p>1</p> <p>New Year's Observed</p> <p>Site Closed</p>	<p>2</p> <p>*Stuffed Cabbage 4 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain Wheat Sliced Apricots ½ c</p> <p>ALT= CBG T</p>	<p>3</p> <p>*2(2oz) Stuffed Shells *w/Sauce 2 oz *Spinach ½ c Lemon Juice 1 PC *California Blend ½ c W. G. Garlic Toast 2 oz Sliced Pears ½ c</p> <p>ALT=CF TR</p>
<p>6</p> <p>* Beef Meatloaf w/Glaze 3 oz *Baked Beans ½ c *Corn w/Red Peppers ½ c Whole Grain Roll, 2 oz Orange</p> <p>ALT=CS V</p>	<p>7</p> <p>*Breaded Fish 4 oz Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Applesauce ½ c</p> <p>ALT=CBG RB</p>	<p>8</p> <p>*Salisbury Steak 3 oz w/ *Gravy *Mashed Potatoes ½ c *Peas ½ c 2 W. G. Wheat Diced Peaches ½ c</p> <p>ALT=CF V</p>	<p>9</p> <p>*Chicken Marsala 3oz *Brown Rice ½ c *Gravy 2 oz *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>10</p> <p>*Pineapple Glaze Ham 3 oz *Scalloped Potatoes ½ c *Buttered Carrots ½ c 2 Whole Grain White Banana</p> <p>ALT=CF T</p>
<p>13</p> <p>*Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c Ketchup 1 PC * Buttered Beets ½ c Whole Grain Bun 2 oz Tropical Fruit ½ c</p> <p>ALT=CS TR</p>	<p>14</p> <p>*BBQ Chicken, 3 oz *Macaroni and Cheese ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>15</p> <p>*Vegetable Lasagna 6 oz *California Blend ½ c W. G. Dinner Roll, 2 oz Mixed Fruit ½ c Grape Juice 4 oz</p> <p>ALT=CF RB</p>	<p>16</p> <p>*Swedish Meatballs 6 oz Sauce 2 oz *Noodles ½ c *Peas ½ c *Carrots ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT=CBG V</p>	<p>17</p> <p>*Chicken Stir Fry, 3 oz *Chicken *Brown Rice ½ c *Kyoto Blend ½ c, *Asian Blend ½ c W.G. White Mandarin Oranges ½ c</p> <p>ATL=CF RB</p>
<p>20</p> <p>Martin Luther King Day</p> <p>Site Closed</p>	<p>21</p> <p>*Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Sliced Pears ½ c</p> <p>ALT=CBG TR</p>	<p>22</p> <p>*Stuffed Peppers 4 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT=CF T</p>	<p>23</p> <p>*Roasted Turkey Breast 3 oz *Stuffing ½ c Gravy 2 oz *Butternut Squash ½ c *Mixed Vegetables ½ c Whole Grain White Banana</p> <p>ALT=CBG RB</p>	<p>24</p> <p>*Sweet & Sour Meatballs 3-1 oz Sauce 2 oz /*Brown Rice ½ c *Oriental Blend Vegetables ½ c *Green Peas ½ c Whole Grain Wheat Grapes 1 c</p> <p>ALT =CF V</p>
<p>27</p> <p>*Breaded Fish 4 oz Tartar Sce 1 PC *Rice Pilaf ½ c *Corn ½ c *Broccoli ½ c W.G. Wheat Pineapple Tidbits ½ c</p> <p>ALT= CS TR</p>	<p>28</p> <p>*Hamburger 3 oz Ketchup 2 PC * Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Sliced Pears ½ c</p> <p>ALT= CBG TR</p>	<p>29</p> <p>*Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz Orange</p> <p>ALT= CF RB</p>	<p>30</p> <p>*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> <p>ALT = CBG TR</p>	<p>31</p> <p>*Breaded Chicken Breast 3 oz Mayo 1 PC *Carrots ½ c *Brussels Sprouts ½ c W.G. Hamburger Bun 2 oz Applesauce ½ c</p> <p>ALT=CF RB</p>

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ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

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