

February 2025 WRAAA Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 *Chicken Stew 8 oz *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c Corn Bread 2 oz Sliced Pears ½ c ALT = CS RB	4 *Roasted Turkey Breast 3 oz *Gravy 2oz / *Stuffing ½ c *Green Beans ½ c *Corn w/ Red Peppers ½ c W.G. Dinner Roll Banana ALT = CBG T	5 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit 2 oz Sliced Peaches ½ c ALT = CF T	6 * Chicken Breast 3 oz *Key Largo Blend ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana ALT = CBG V	7 *Cheese Ravioli 6 oz *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz Chunky Applesauce ½ c ALT = CF TR
10 *Stuffed Peppers 6 oz w/Sauce 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Peaches ½ c ALT = CS TR	11 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c * Buttered Beets ½ c W.G. Dinner Roll 2 oz Apple Juice 4 oz ALT = CBG RB	12 *Swedish Meatballs 3-1 oz w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c ALT = CF TR	13 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Fresh Grapes 1 c ALT = CBG V	14 *Hamburger 3 oz Ketchup 2 PC * Seasoned Potato Wedges ½c *Baked Beans ½ c Whole Grain Bun 2 oz Orange 1 ea ALT = CF T
17 <p style="text-align: center;">PRESIDENT'S DAY</p> <p style="text-align: center;">Site Closed</p>	18 *Stuffed Cabbage 6 oz w/Sauce 2 oz *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CS TR	19 *Baked Fish 4 oz Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Lima Beans ½ c Whole Grain Wheat Fresh Grapes 1 c ALT = CF RB	20 * Roasted Turkey Breast 3 oz *Gravy 2 oz. *W.G. Stuffing ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Orange Cranberry Juice ½ c ALT = CBG T	21 *BBQ Rib Patty 3 oz *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Applesauce ½ c ALT = CF RB
24 *Tomato Basil Chicken 3 oz w / Sauce 2 oz W.G. Pasta ½ c *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c ALT = CS RB	25 *Salisbury Steak 3 oz *Mushroom Gravy 2 oz *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Peaches ½ c ALT = CBG TR	26 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana 1 ea ALT = CF TR	27 *Grilled Chicken strips 3 oz With Alfredo sc 2 oz *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz Fresh Orange Apple Juice ½ c ALT = CBG T	28 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Cauliflower ½ c *Kyoto Blend ½ c Whole Grain White Fresh Grapes 1 c ALT = CF V
			Choice of : 1% Milk, Buttermilk, or Calcium fortified Juice *Take Temperature of Milk and all food proceeded by an asterisk.	<p style="text-align: center;">Menu Approved by: <i>Ann Stablheber, MS, RDN, LD</i></p>

Western Reserve Area Agency on Aging - 2025

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