

# April 2025 WRAAA MENU



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  | <p>1</p> <p>*Roasted Turkey 3 oz<br/>*Mashed potatoes ½ c w gravy<br/>*Green Beans ½ c<br/>W.G. Dinner Roll 2 oz<br/>Pears ½ c</p> <p>ALT = CBG RB</p>                                      | <p>2</p> <p>*Meatballs 3-1 oz<br/>* WG Spaghetti ½ c w/ Sce 2 oz<br/>*California Blend ½ c<br/>*Spinach ½ c /1 Lemon PC<br/>Whole Grain White<br/>Apricots ½ c</p> <p>ALT = CF T</p> | <p>3</p> <p>*Roasted Pork Loin 3 oz.<br/>*Sweet Potatoes ½ c<br/>*Broccoli ½ c<br/>W.G. Biscuit 2 oz<br/>Fresh grapes 1 c</p> <p>ALT = CBG V</p>                                  | <p>4</p> <p>2-2 oz. *Stuffed Shells<br/>*w/Sauce 2 oz<br/>*Antigua Blend ½ c<br/>*Lima Beans ½ c<br/>2 Whole Grain Wheat<br/>Orange</p> <p>ALT = CF TR</p>                                       |
| <p>7</p> <p>*Chicken Stew 8 oz<br/>*California Blend 1/2 c<br/>Whole Grain Dinner Roll 2 oz<br/>Apple Juice ½ c<br/>Applesauce ½ c</p> <p>ALT = CS RB</p>                | <p>8</p> <p>*Hamburger 3 oz<br/>Mustard &amp; Ketchup 1 PC each<br/>*Baked Beans ½ c<br/>*Seasoned Potato Wedges ½ c<br/>Whole Grain Bun<br/>Mixed Fruit ½ c</p> <p>ALT = CBG T</p>         | <p>9</p> <p>*BBQ Chicken Breast 3 oz<br/>*Macaroni and Cheese ½ c<br/>*Red Cabbage ½ c<br/>*Green Beans ½ c<br/>W.G. Corn Muffin 1 oz<br/>Peaches ½ c</p> <p>ALT = CF RB</p>         | <p>10</p> <p>*Salisbury Steak 3 oz<br/>*Gravy 2 oz<br/>*Mashed Potatoes ½ c<br/>*Succotash ½ c<br/>2 Whole Wheat Bread<br/>Banana</p> <p>ALT = CBG TR</p>                         | <p>11</p> <p>*Vegetable Lasagna 6 oz.<br/>*Carrots ½ c<br/>*Green Peas ½ c<br/>Whole Grain Wheat<br/>Pineapple Chunks ½ c<br/>Vanilla Wafers 1 oz</p> <p>ALT=CF T</p>                            |
| <p>14</p> <p>*Stuffed Cabbage 6 oz<br/>*w/ Sauce 2 oz<br/>*Mashed Potatoes ½ c<br/>*Green Peas ½ c<br/>Whole Grain Dinner Roll 2 oz<br/>Pears ½ c</p> <p>ALT = CS RB</p> | <p>15</p> <p>*Chicken Stuffed with Broccoli 6oz<br/>*Mashed Potatoes ½ c<br/>*Harvard Beets ½ c<br/>Whole Grain Wheat<br/>Whole Grain Vanilla Wafers 1 oz<br/>Orange</p> <p>ALT = CBG V</p> | <p>16</p> <p>*Meatballs 3-1 oz<br/>W.G. Sub Roll 2 oz<br/>*California Blend ½ c<br/>Applesauce ½ c<br/>Cranberry juice ½ c</p> <p>ALT = CF T</p>                                     | <p>17</p> <p>*Lemon Piccata Chicken 3 oz<br/>*Brown Rice Pilaf ½ c<br/>*Bermuda Blend ½ c<br/>*Carrots ½ c<br/>Whole Grain White<br/>Mandarin oranges ½ c</p> <p>ALT = CBG RB</p> | <p>18</p> <p>*Breaded Fish 4 oz<br/>w Tartar Sc 1 PC<br/>American cheese 1 slice<br/>Coleslaw ½ c<br/>*Seasoned Potato Wedges ½ c<br/>Whole Grain Bun<br/>Grape juice ½ c</p> <p>ALT = CF TR</p> |
| <p>21</p> <p>*Sliced Ham 3 oz<br/>w. Pineapple Glaze<br/>*Cheesy Potatoes ½ c<br/>*Harvard Beets ½ c<br/>Whole Grain Bun 2 oz<br/>Applesauce ½ c</p> <p>ALT = CS TR</p>  | <p>22</p> <p>*Chicken Stir Fry 3 oz<br/>*Brown Rice ½ c<br/>*Oriental Blend ½ c<br/>*Carrots ½ c<br/>Vanilla Wafers 1 oz<br/>Apricots ½ c</p> <p>ALT=CBG RB</p>                             | <p>23</p> <p>*Beef Meatloaf 3 oz<br/>*Gravy 2 oz<br/>*Mashed Potatoes ½ c<br/>*Mixed Vegetables ½ c<br/>Whole Grain Dinner Roll 2 oz<br/>Pineapple Chunks ½ c</p> <p>ALT = CF T</p>  | <p>24</p> <p>*Chicken Patty 3 oz<br/>Mayo 1 PC<br/>*Broccoli ½ c<br/>*Red Cabbage ½ c<br/>Whole Grain Bun 2 oz<br/>Banana</p> <p>ATL = CBG TR</p>                                 | <p>25</p> <p>*3 oz Corned Beef<br/>Horseradish Sauce 1 PC<br/>Cabbage and Carrots ½ c<br/>Roasted Red Potatoes ½ c<br/>2 W.G. Rye<br/>Fresh Grapes 1 c</p> <p>ALT=CF T</p>                       |
| <p>28</p> <p>*Chicken Alfredo 3 oz<br/>*Sauce 2 oz/ *Noodles ½ c<br/>*Broccoli ½ c<br/>*Cauliflower ½ c<br/>Whole Grain Wheat<br/>Peaches ½ c</p> <p>ALT = CS T</p>      | <p>29</p> <p>*Sloppy Joe 3 oz.<br/>*Sweet Potatoes ½ c<br/>*Corn ½ c<br/>Whole Grain Bun 2 oz<br/>Fruit Cocktail ½ c</p> <p>ALT = CBG T</p>   | <p>30</p> <p>*Stuffed Peppers 6 oz<br/>w/Tomato Sauce 2 oz<br/>*Mashed Potatoes ½ c<br/>*Green Peas ½ c<br/>2 Whole Wheat Bread<br/>Orange</p> <p>ALT =CF TR</p>                     | <p>Choice of<br/>1% Milk or Buttermilk, or Calcium<br/>fortified Juice</p> <p>*=Take Temperature of Milk and all<br/>food proceeded by an asterisk.</p>                           | <p><b>Menu Approved By:</b><br/><i>Ann Stalheber 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