

# JUNE 2025 WRAAA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2 *Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Pears ½ c ALT = CS <span style="float: right;">RB</span>	3 *Chicken stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Carrots ½ c Whole Grain Dinner Roll 2 oz Apricots ½ c ALT = CBG <span style="float: right;">T</span>	4 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT = CF <span style="float: right;">RB</span>	5 *Sliced Ham 3 oz w. Pineapple Glaze *Cheesy Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun, 2 oz Fresh Grapes 1 c ALT = CBG <span style="float: right;">T</span>	6 Rubeen with *Turkey 2oz *Swiss Cheese 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Tom., Cuc., Onion Salad ½ c 2 Whole Grain Rye Pineapple tidbits ½ c ALT = CF <span style="float: right;">RB</span>
9 *Hamburger 3 oz Mustard & Ketchup 1 PC ea. *Baked Beans ½ c *Seasoned Potato Wedges ½ c W.G. Hamburger Bun 2 oz Mandarin Oranges ½ c ALT = CS <span style="float: right;">TR</span>	10 *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 = CBG <span style="float: right;">RB</span>	11 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green beans ½ c Whole Grain Corn Muffin 1 oz Mixed Fruit ½ c ALT = CF <span style="float: right;">TR</span>	12 *Sloppy Joe 3 oz *Sweet Potatoes ½ c *California Blend ½ c Whole Grain Dinner Roll 2 oz Banana ALT = CBG <span style="float: right;">RB</span>	13 *Chicken and Gravy 3 oz W.G. Biscuit 2 oz *Brussels Sprouts ½ c *Green Peas ½ c Applesauce ½ c ALT = CF <span style="float: right;">T</span>
16 *Meatballs 3-1 oz Whole Grain Sub Roll 2 oz Marinara Sauce 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Peaches ½ c ALT = CS <span style="float: right;">TR</span>	17 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT = CBG <span style="float: right;">T</span>	18 *Stuffed Shells 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mixed Fruit ½ c ALT = CF <span style="float: right;">RB</span>	<b>Juneteenth</b>  <b>Site Closed</b>	
23 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Wheat Whole Grain Cereal Bar 1 oz Applesauce ½ c ALT = CS <span style="float: right;">T</span>	24 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Fresh Fruit Salad 1 c ALT = CBG <span style="float: right;">RB</span>	25 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Tropical Fruit ½ c ALT=CF <span style="float: right;">RB</span>	26 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Pineapple Chunks ½ c ALT = CBG <span style="float: right;">RB</span>	27 * Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Peaches ½ c ALT=CF <span style="float: right;">RB</span>
30 *Salisbury Steak 3 oz, *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll Orange ATL=CS <span style="float: right;">TR</span>	*=Take Temperature of Milk and all food proceeded by an asterisk	Choice of: 1% Milk, Buttermilk, or Calcium Fortified Juice	<b>Menu Approved By:</b>  <i>Ann Stahlheber MS, RDN, LD</i>	

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

# JUNE 2025 WRAAA MENU



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