

July 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ann Stahlheber, M.S., R.D.N., L.D.</i>	*=take temperature of Milk and all food proceeded by an asterisk Choice of 1% Milk or Buttermilk.			
Closed	5 *Breaded Chicken Breast 3 oz *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll 2 oz Applesauce 4 oz ALT-CS RB	6 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c ALT=CBG T	7 *Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw 1/2 c 2 Whole Grain Wheat Grape juice ½ c ALT=CBG TR	8 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Fresh Plum ALT=CBG T
Happy Fourth of July!	12 * Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Apricots ½ c ALT=CS TR	13 Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Cucumber Salad ½ c 2 Whole Grain Rye Applesauce ½ c ALT=CBG RB	14 *Breaded Fish 4 oz Tartar Sauce 1 PC *Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Sliced Pears ½ c ALT=CBG RB	15 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w Gravy 2 oz Harvard Beets ½ c 2 Whole Grain White Banana ALT=CBG T
18 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Zucchini ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CS RB	19 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c Buttered Sliced Carrots ½ c Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz ALT=CBG TR	20 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Pineapple Chunks ½ c ALT=CBG T	21 *Swedish Meatballs 3-1 oz *Noodles ½ c/* w/Gravy 2 oz Sliced Carrots ½ c Red Cabbage ½ c Whole Grain White Sliced Pears ½ c ALT=CBG TR	22 *Chicken and Gravy 3 oz W.G. Biscuit, 2oz *Brussels Sprouts ½ c *Green Peas ½ c Mandarin Oranges ½ c ALT=CBG RB
25 *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c Carrots ½ c 2 Whole Grain Wheat Apricots ½ c ALT=CS TR	26 Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend 1/2 c Whole Grain Wheat Mandarin Oranges ½ c Apple Juice ½ c ALT=CBG T	27 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT=CBG TR	28 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c ALT=CBG RB	29 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Fresh Grapes, 1 c ALT=CBG T

Western Reserve Area Agency on Aging - 2022

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ATI CS - Chicken Salad with Craisins ALT=CS RB = Serrano Pepper Salad w/Chicken Breast

