

November 2020 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Breaded Fish 4 oz Tartar Sce 1 PC *Brown Rice ½ c *Antigua Blend 1 c Whole Grain White Apricots ½ c ALT=CS RB	3 *Tomato Basil Chicken 3oz. *W.G. Pasta 1 c. w/Sauce 2 oz. *Mixed Vegetables ½ c *Corn w/Red Peppers ½ c Peaches ½ c ALT=CBG T	4 *Sloppy Joe 4 oz *Cheesy Potatoes ½ c *Baby Carrots ½ c Whole Grain Hamburger Bun Sliced Pears ½ c ALT=CBG RB	5 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Fruited yogurt, 6 oz Banana, 1 ea ALT=CBG T	6 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Oriental Blend 1 c Whole Grain Wheat Pineapple chunks ½ c ALT=CBG RB
9 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c w 2 oz sauce *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c ALT=CS TR	10 *Salisbury Steak 3 oz *Noodles ½ c *Red Cabbage ½ c *Broccoli ½ c Whole Grain White Peaches ½ c ALT=CBG T	11 Veteran's Day Site Closed	12 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Spinach ½ c/ Vinegar 1 PC Whole Grain Bun 2 oz Orange, 1 ea ALT=CBG TR	13 *Cold Sliced Turkey 3 oz Mayo 1 PC 3 Bean Salad ½ c *Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c ALT=CBG RB
16 *Breaded Chicken Breast Patty Mayo 1 PC 3 oz *Buttered Beets ½ c *Broccoli ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CS RB	17 *Meatballs 3-1oz *Spaghetti 1/2c w/ Tomato Sauce *Green Beans ½ c *Spinach ½ c w/ Vinegar 1 PC Whole Grain Wheat Banana, 1 ea ALT=CBG TR	18 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c WG Corn Muffin 1 oz Sliced Peaches ½ c ALT=CBG RB	19 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Grapes, 1 c ALT=CBG T	20 *Chicken Marsala 3 oz *Brown Rice ½ c Capri Blend 1 c Whole Grain wheat Scalloped Apples ½ c ALT=CBG TR
23 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables 1 c Whole Grain Wheat Pears ½ c ALT=CS TR	24 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CBG T	25 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice ½ c ALT=CBG RB	26 Thanksgiving Day Site Closed	27 *Breaded Fish 3 oz Tartar Sauce 1 PC *Rice Pilaf ½ c *Cape Cod Blend 1 c Whole Grain Wheat Applesauce ½ c ALT=CBG TR
30 *Vegetable Lasagna *Cauliflower ½ c *Zucchini ½ c *Whole Grain White Diced Pears ½ c ALT=CS RB	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	Choice of 1% Milk Or Buttermilk	*=take temperature of Milk and all food proceeded by an asterisk.	

Western Reserve Area Agency on Aging - 2020

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

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

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast