

SEPTEMBER 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: Ann Stahlheber MS, RDN, LD</p>	<p>Choice of 1% Milk or Buttermilk</p>	<p>1 Chicken, 3 oz and Dumplings ½ c Green Beans ½ Spinach ½ c w Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CBG RB</p>	<p>2 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Butternut Squash ½ c 2 W.G. White Banana</p> <p>ALT=CBG RB</p>	<p>3 *Tuna Salad 4 oz, W.G Coissant, 2 oz Spring Mix 1 c w Dressing 1 PC Tomatoes, Shredded Carrots, & Cucumbers, 1 cup Grape Juice 4 oz</p> <p>ALT=CBG TR</p>
<p>6 Labor Day Sites Closed</p>	<p>7 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Corn ½ c W.G. Dinner Roll, 2 oz Pears ½ c</p> <p>ALT=CS TR</p>	<p>8 *Breaded Fish 3 oz *Brown Rice Pilaf ½ c *Capri Blend 1 c W.G. Dinner Roll 1 oz Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>9 *Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c Whole Grain Wheat W.G. Wheat Crackers 1 oz Orange</p> <p>ALT=CBG TR</p>	<p>10 *Sweet & Sour Pork Loin 4 oz Buttered Noodles ½ c Sautéed Cabbage ½ c Beets ½ c W.G. Dinner Roll Applesauce ½ c</p> <p>ALT=CBG T</p>
<p>13 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Zucchini & *Yellow Squash 1 c W.G. Wheat Orange</p> <p>ALT=CS TR</p>	<p>14 *Roasted Turkey Breast 3 oz Gravy 2 oz, Bread Stuffing ½ c *Sweet Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll Cranberry Juice 4 oz</p> <p>ALT=CBG RB</p>	<p>15 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain White Sliced Peaches ½ c Pineapple Chunks</p> <p>ALT=CBG RB</p>	<p>16 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Broccoli ½ c *Red Cabbage ½ c Whole Grain White Apricots ½ c</p> <p>ALT=CBG TR</p>	<p>17 *Sliced Ham 3 oz w/ Pineapple Glaze Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c</p> <p>ALT=CBG T</p>
<p>20 *Stuffed Cabbage 6 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables 1 c Whole Grain Wheat Pineapple Chunks ½ c</p> <p>ALT=CS TR</p>	<p>21 *Chicken Stir Fry 3 oz Brown Rice Pilaf ½ c *Kyoto Blend 1 c Mandarin Oranges ½ c W.G. Vanilla Wafer 1 oz</p> <p>ALT=CBG RB</p>	<p>22 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Apple Juice 4 oz</p> <p>ALT=CBG TR</p>	<p>23 *Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Sliced Pears ½ c</p> <p>ALT=CBG RB</p>	<p>24 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *W.G. Pasta ½ c *Capri Blend 1 c W. G. Breadstick 1 oz Fresh Grapes 1 c</p> <p>ALT=CBG RB</p>
<p>27 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Sliced Pears ½ c</p> <p>ALT=CS RB</p>	<p>28 *Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll 2 oz Apricots ½ c</p> <p>ALT=CS T</p>	<p>29 BBQ Chicken *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Banana</p> <p>ALT=CS RB</p>	<p>30 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Orange</p> <p>ALT=CBG TR</p>	<p>*=take temperature of Milk and all food preceded by an asterisk</p>

Western Reserve Area Agency on Aging - 2021

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