

January 2020 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
The menus are subject to change		1 HAPPY NEW YEAR 2020 Site Closed	2 *Swiss Steak 3 oz./Gravy 2 oz. *Mashed Potatoes ½ c Green Beans ½ c W. G. Dinner Roll 2 oz Tropical Fruit ½ c ALT= CBG T	3 *Chili Con Carne 8 oz. Mixed Vegetables ½ c Corn Muffin 2 oz. Apple Juice 4 oz. Banana ALT = CBG TR
6 *BBQ Chicken Breast 3 oz. Butternut Squash & Sweet Potato Medley ½ c *Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz. ALT= CS RB	7 *Sweet & Sour Meatballs 3-1 oz Sauce 2 oz *Brown Rice ½ c Oriental Blend Vegetables ½ c Green Peas ½ c Whole Grain Wheat Banana ALT=CBG T	8 *Stuffed Cabb5age 4 oz. *w/Sauce 2 oz *Mashed Potatoes ½ c Corn w/Red Peppers ½ c 2 Whole Grain Wheat Sliced Apricots ½ c ALT= CBG TR	9 *Beef Stroganoff 4 oz. *Noodles ½ c Harvard Beets ½ c Green Beans ½ c Whole Grain White Pineapple Chunks ½ c ALT=CBG T	10 *2(2oz.) Stuffed Shells *w/Sauce 2 oz. Spinach ½ c Lemon Juice 1 PC California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c ALT=CBG RB
13 *Ham 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Cauliflower/Broccoli ½ c 2 Whole Grain White Mandarin Oranges ½ c ALT=CS TR	14 *Breaded Fish 4 oz. Tartar Sauce 1 PC/Ketchup 1 PC Tater Tots ½ c Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT=CBG RB	15 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c ALT=CBG TR	16 *Breaded Chicken Breast Pattie 8oz *Mashed Potatoes 1/2 c *Gravy 2 oz. Green Peas ½ c Whole Grain Wheat Orange Whole Grain Vanilla Wafers ALT=CBG RB	17 *Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c Mixed Vegetables ½ c 2 Whole Grain White Banana ALT=CBG T
20 Martin Luther King Day Site Closed	21 *Vegetable Lasagna 6 oz Green Peas ½ c Spinach ½ c Whole Grain Wheat Pineapple ½ c W. Grain Vanilla Wafers ALT=CBG RB	22 *Salisbury Steak 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Mixed Vegetables ½ c W. G. Buttermilk Biscuit 2 oz. Banana ALT=CBG TR	23 *Beef Sloppy Joe 4 oz. Seasoned Wedge Potatoes ½ c Ketchup 1 PC Harvard Beets ½ c Whole Grain Bun Orange ATL=CBG T	24 *Chicken Breast Stuffed w/Broccoli 6 oz. Green Beans ½ c Red Cabbage ½ c 2 Whole Grain White Mixed Fruit ½ c ALT=CBG RB
27 *Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c Peas ½ c Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT=CS T	28 *Stuffed Pepper 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c ALT=CBG TR	29 *Lemon Gravy Chicken Breast 3oz. *Butternut Squash ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT=CBG RB	30 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c Broccoli ½ c Blueberry Muffin 2 oz. Chunky Applesauce ½ c ALT =CBG TR	31 *Cheese Ravioli 6 oz. Spinach ½ c Peas & Carrots ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT= CBG RB

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

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