

April 2020 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>The menus are subject to change</p>		<p>1</p> <p>*Breaded Chicken Breast Pattie 3 oz Basil Tomato Sauce 1 oz Spinach ½ c Corn w/ Red Pepper ½ c Whole Grain Bun Sliced Pears ½ c</p> <p>ALT = CBG RB</p>	<p>2</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain White Tropical Fruit ½ c</p> <p>ATL = CBG T</p>	<p>3</p> <p>2-2 oz. *Stuffed Shells *w/Sauce 2 oz Broccoli ½ c Baby Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz. Applesauce ½ c</p> <p>ATL = CBG RB</p>	
	<p>6</p> <p>* Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c Green Peas ½ c Sliced Peaches & Pears ½ c</p> <p>ATL = CS RB</p>	<p>7</p> <p>*BBQ Rib Patty 3 oz *Baby Lima Beans ½ c Peas & Carrots ½ c Whole Grain Bun Tropical Fruit ½ c</p> <p>ATL = CBG TR</p>	<p>8</p> <p>Swedish Meatballs 3-1 oz *w/ Gravy 2 oz *Buttered Noodles ½ c Broccoli ½ c Cauliflower ½ c Whole Wheat Bread Banana</p> <p>ATL = CBG T</p>	<p>9</p> <p>*Cold Roasted "Sandwich" SI Turkey Breast 3 oz, Mayo 1 PC *Potato Salad ½ c Tomato, Cucumber, and Onion Salad ½ c 2 Whole Grain Rye Mandarin Oranges ½ c</p> <p>ALT = CBG RB</p>	<p>10</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC Cheese Potatoes ½ c Capri Blend ½ c Whole Grain Wheat Oatmeal Bar 1 oz Orange Juice ½ c</p> <p>ATL = CBG TR</p>
	<p>13</p> <p>*Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Spinach ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ATL= CS T</p>	<p>14</p> <p>*Chicken Breast Stuffed w/ Broccoli 6 oz *O'Brien Potatoes ½ c Red Cabbage ½ c Whole Grain White Apricots ½ c</p> <p>ATL = CBG T</p>	<p>15</p> <p>*Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>	<p>16</p> <p>*Orange Glazed Chicken 3 oz * Scalloped Potatoes ½ c Mixed Vegetables ½ c W.G 2 oz Buttermilk Biscuit Mixed Fruit ½ c</p> <p>ALT = CBG RB</p>	<p>17</p> <p>*Meatballs 3-1 oz *Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Brussel Sprouts ½ c Banana</p> <p>ALT = CBG TR</p>
	<p>20</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c Green Peas ½ c Baby Carrots ½ c Whole Grain Wheat Applesauce ½</p> <p>ATL=CS RB</p>	<p>21</p> <p>*Roasted Pork Loin 3 oz *Sweet Potatoes ½ c Green Beans ½ c Whole Grain Rye Scalloped Apples ½ c. W. G. Vanilla Wafers 1 oz</p> <p>ATL = CBG TR</p>	<p>22</p> <p>*Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c W. G. Dinner Roll 2 oz Mandarin Oranges ½ c</p> <p>ATL = CBG T</p>	<p>23</p> <p>*Beef Hot Dog 2 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Banana</p> <p>ATL = CBG TR</p>	<p>24</p> <p>*Lemon Pica Chicken 3 oz Scalloped Potatoes ½ c Buttered Beets ½ c Whole Grain White Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>
	<p>27</p> <p>*Beef Lasagna 6 oz Antiqua Blend Veggie ½ c Kernel Corn ½ c W. G. Garlic Toast 2 oz Apricots ½ c</p> <p>ALT=CS TR</p>	<p>28</p> <p>*Roasted Turkey Breast 3oz *Brown Rice ½ c,*Gravy 2oz Harvard Beets ½ c Brussel Sprouts ½ c 1 Whole Grain White Orange</p> <p>ATL= CS RB</p>	<p>29</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ATL = CBG T</p>	<p>30</p> <p>*Breaded Fish 3 oz *Rice Pilaf ½ c *Glazed Carrots ½ c Spinach ½ / Vinegar 1 PC Whole Grain Wheat Red Grapes ½ c</p> <p>ALT=CBG TR</p>	

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