

October 2020 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The menus are subject to change</p>			<p>1</p> <p>*Meatballs 3-1oz *Spaghetti 1 c w/ Tomato Sauce Cauliflower ½ c Spinach ½ c w/ Vinegar 1 PC Sliced Peaches ½ c</p> <p>ALT=CBG TR</p>	<p>2</p> <p>*Roasted Turkey Breast 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Broccoli ½ c Green Peas ½ c Blueberry Muffin 2 oz/Orange</p> <p>ALT = CBG RB</p>
<p>5</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC Tater Tots ½ c w/ Ketchup 1PC Spinach ½ c Whole Grain Wheat Mandarin Oranges ½ c W.G. Vanilla Wafers 1 oz</p> <p>ALT= CS RB</p>	<p>6</p> <p>*Tomato Basil Chicken 3oz. *Spaghetti 1 c. w/Sauce Mixed Vegetables ½ c Corn w/Red Peppers ½ c Sliced Pears ½ c</p> <p>ALT=CBG RB</p>	<p>7</p> <p>*Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC Green Beans ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT=CBG T</p>	<p>8</p> <p>* Salisbury Steak 3 oz. W/ Gravy 2 oz. *Mashed Potatoes ½ c Baby Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Banana</p> <p>ATL=CBG TR</p>	<p>9</p> <p>*Rosemary Rub Roasted Pork Loin 3 oz. Green Peas ½ c Butternut Squash ½ c W.G. Honey Wheat Biscuit 2 oz Scalloped Apples ½ c</p> <p>ALT=CBG T</p>
<p>12</p> <p>Columbus Day</p> <p>Site Closed</p>	<p>13</p> <p>*Beef Meatloaf w/ Ketchup Glaze 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Capri Blend ½ c WG Wheat Biscuit 2 oz Sliced Peaches ½ c</p> <p>ALT=CBG TR</p>	<p>14</p> <p>*Sliced Ham 3 oz. *Cheesy Potatoes ½ c Broccoli ½ c W. G. Dinner Roll 2 oz Tropical Fruit ½ c</p> <p>ALT=CBG T</p>	<p>15</p> <p>*BBQ Chicken Breast 3 oz Green Peas ½ c *Sweet Potatoes ½ c 2 Whole Grain White Mixed Fruit ½ c</p> <p>ALT=CBG RB</p>	<p>16</p> <p>*Swedish Meatballs 3 oz. *Noodles ½ c Mixed Vegetables ½ c Red Cabbage ½ c Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT=CBG T</p>
<p>19</p> <p>*BBQ Rib Patty 3 oz. *Scalloped Potatoes ½ c Broccoli ½ c W. G. Hamburger Bun Sliced Peaches ½ c</p> <p>ATL =CS T</p>	<p>20</p> <p>*Chili Con Carne 8 oz. Corn w/Red Peppers ½ c Mixed Vegetables ½ c Rye Bread W.G. Vanilla Wafers 1 oz Orange</p> <p>ALT=CBG TR</p>	<p>21</p> <p>*Beef Hot Dog 2 oz. W.G. Bun Mustard 1 PC O'Brien Potatoes ½ c Spinach ½ c Sliced Pears ½ c</p> <p>ALT=CBG T</p>	<p>22</p> <p>*Chicken Cacciatore 3 oz. *Sauce 2 oz. *Brown Rice ½ c Green Beans ½ c Brussel Sprouts ½ c Whole Grain Wheat Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p>	<p>23</p> <p>*Pepper Steak ½ c *Seasoned Wedge Potatoes ½ c Ketchup 1 PC California Blend ½ c 2 Whole Grain Wheat Mandarin Oranges ½ c</p> <p>ALT=CBG TR</p>
<p>26</p> <p>*Beef Stew 3 oz. *Brussel Sprouts ½ c Mixed Vegetables ½ c Corn Muffin 2 oz Tropical Fruit ½ c</p> <p>ALT= CS TR</p>	<p>27</p> <p>*Turkey 3 oz/ Stuffing 4 oz *Sweet Potatoes ½ c Spinach ½ c W.G. Dinner Roll 2 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>28</p> <p>*Stuffed Cabbage 6 oz *Sauce 2 oz *Buttered Noodles ½ c Green Beans ½ c Sliced Carrots ½ c W.G. Vanilla Wafers 1 oz</p> <p>ALT=CBG T</p>	<p>29</p> <p>*Stuffed Green Pepper 6 oz. Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Rye Scalloped Apples ½ c</p> <p>ALT = CBG TR</p>	<p>30</p> <p>*Breaded Chicken Breast Patty Mayo 1 PC 3 oz Harvard Beets ½ c Mixed Vegetables ½ c W. G. Hamburger Bun Orange Juice 4 oz.</p> <p>ALT =CBG RB</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