

## Menus

### WESTERN RESERVE AREA AGENCY ON AGING OAA NUTRITION PROGRAM 2018 BOX LUNCH MENUS

- MENU #1            2.5 oz Tuna Salad on Whole Grain Wheat Bread (2 slices)  
                         ½ cup Three Bean Salad  
                         ½ cup Pineapple Chunks  
                         1 Cereal Bar  
                         8 oz Milk
- MENU #2            2.5 oz Roast Beef on (1 large) Whole Grain Wheat Bun  
                         w/ Barbeque Sauce  
                         ½ cup Potato Salad  
                         4 oz Fruited Low Fat Yogurt  
                         1 medium Orange  
                         8 oz Milk
- MENU #3            2.5 oz Turkey on Whole Grain Rye Bread (2 slices)  
                         1 PC Mayonnaise  
                         ½ cup Cole Slaw  
                         4 oz Orange Juice  
                         ½ cup Mixed Fruit  
                         8 oz Milk
- MENU #4            2 oz Beef Hot Dog w/Whole Grain Bun  
                         Ketchup & Mustard  
                         ½ cup Baked Beans  
                         4 oz Grape Juice  
                         ½ cup Mandarin Oranges  
                         8 oz Milk

Menu #4 will be sent in bulk.

## MENUS

**WESTERN RESERVE AREA AGENCY ON AGING  
OAA NUTRITION PROGRAM  
CONGREGATE MEALS  
EMERGENCY FOOD MENU**

8 oz. Beef Ravioli  
Cereal Bars 1 oz.  
½ cup Green Beans  
½ cup Corn  
½ cup Fruit Cocktail  
5 Vanilla Wafers  
1-8 oz. Bottled Water  
1-8 oz. serv. Nonfat/skim, dry milk, fortified with Vitamins A and D

## MENUS

**WESTERN RESERVE AREA AGENCY ON AGING  
OAA NUTRITION PROGRAM  
CONGREGATE MEALS  
COLD PLATE MENU**

**Monday:**

Chicken Salad with Croissant

3 oz White Meat Chicken Salad  
½ C Green Pea, Red Pepper and Cheese Salad  
½ C Tomato, Cucumber and Onion Salad  
2 oz Croissant  
½ C Fruit or a whole piece of fruit that is on the Hot Meal Menu  
8 oz Milk

**Tuesday through Friday:**

Chicken Breast/Green Salad

2 oz Chicken Breast (Cut into pieces)  
1 C Spring Lettuce Mix  
½ C - 3 Cherry Tomatoes plus Shredded Carrots to equal ½ cup.  
½ C Fruit or a whole piece of Fruit that is on the Hot Meal Menu  
Ranch Dressing Packet  
WG Crackers  
WG Vanilla Wafers  
8 oz Milk

Components are shipped separately. Congregate meals will be served on Styrofoam trays like the hot meal. Home delivered meals will be sealed in Oliver trays at the WRAAA site.

## MENUS

### WESTERN RESERVE AREA AGENCY ON AGING OAA NUTRITION PROGRAM ETHNIC AND RELIGIOUS MENUS

Food Preparers bidding on the Asian, Hispanic and Kosher ethnic and religious meals shall use the menu pattern. Cycle menus for January, April, July and October must be submitted on the "2020 WRAAA Menu Form" (Appendix W) with the bid to WRAAA for approval. Create a master menu for the first month of each quarter, January, April, July and October. These menus will become cycle menus for each quarter (i.e. January daily menus shall be written, prepared and served in February and March).

<b>Food Types</b>	<b>Lunch</b>
Meat or meat alternate	2-3 servings
Vegetables or fruits	3 servings
Bread or bread alternate	2 servings
Milk or milk alternate	1 serving
Dessert and baked goods	1 serving (optional)
Fat & spreads	Optional
Accompaniments: (condiments and sauces to complete meal)	Optional