

April 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>*=Take Temperature of Milk and all food preceded by an asterisk.</p>	<p>**Please indicate on heating and portion sheet that the emergency food items for these items should be served.</p>	<p>1</p> <p>*Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Rye Banana, 1 ea</p> <p>ALT = CBG TR</p>	<p>2</p> <p>*Breaded Fish 4 oz w Tartar Sc 1 PC *Rice Pilaf ½ c * Spinach ½ c /1 Lemon PC **W.G. Vanilla Wafers 1 oz Pineapple, ½ c</p> <p>ATL = CBG RB</p>
<p>5</p> <p>*Hamburger 3 oz Mustard & Ketchup 1 PC each *Three Bean Salad ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Grape Juice ½ c</p> <p>ATL=CS TR</p>	<p>6</p> <p>*Chicken Cordon Bleu, 6 oz *Mashed potatoes ½ c w gravy *Harvard Beets ½ c W.G. Dinner Roll, 1 oz **Cereal bar 1 oz Peaches ½ c</p> <p>ALT = CBG RB</p>	<p>7</p> <p>*Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c W. G. Dinner Roll 2 oz Pears ½ c</p> <p>ATL = CBG T</p>	<p>8</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c *Broccoli ½ c *Carrots ½ c Whole Grain Wheat Fresh Fruit Salad 1 c</p> <p>ATL = CBG RB</p>	<p>9</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Applesauce ½ c</p> <p>ALT = CBG T</p>
<p>12</p> <p>*Meatballs 3-1 oz * WG Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Spinach ½ c /1 Lemon PC Fresh Grapes 1 c</p> <p>ATL= CS TR</p>	<p>13</p> <p>* Chicken Cacciatore 3 oz *w/ Sauce 2 oz *WG Spaghetti ½ c *Zucchini ½ c, *Green Peas ½ c Dinner Roll, 1 oz Pineapple ½ c</p> <p>ATL = CBG RB</p>	<p>14</p> <p>*Roasted Turkey Breast 3 oz *Mashed Potatoes ½ c *Gravy 2 oz *Brussel Sprouts ½ c Whole Grain Dinner Roll, 2 oz Mandarin Oranges, ½ c</p> <p>ATL = CBG RB</p>	<p>15</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Carrots ½ c Whole Grain White Mixed Fruit ½ c</p> <p>ATL = CBG T</p>	<p>16</p> <p>*Beef Stew 8 oz *California blend 1/2 c Whole Grain Dinner Roll 2 oz Applesauce ½ c Grape Juice ½ c</p> <p>ATL = CBG RB</p>
<p>19</p> <p>*Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Pears ½ c</p> <p>ATL = CS RB</p>	<p>20</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Harvard Beets ½ c *Green Beans ½ c WG Corn Muffin 1 oz Sliced Peaches ½ c</p> <p>ATL = CBG TR</p>	<p>21</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Wheat Bread Fresh Orange, 1 ea</p> <p>ATL = CBG T</p>	<p>22</p> <p>*Lemon Picatta Chicken 3 oz *Brown Rice Pilaf ½ c *Brussel Sprouts ½ c *Carrots ½ c Whole Grain White Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>	<p>23</p> <p>*Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c *Mushrooms ½ c, *Green Beans ½ c 1 Whole Grain White Tropical Fruit ½ c</p> <p>ATL = CBG TR</p>
<p>26</p> <p>*Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Apricots, ½ c</p> <p>ALT = CS RB</p>	<p>27</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ 2 Whole Wheat Bread c Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>28</p> <p>*Tomato Basil Chicken, 3 oz. W Sauce 2 oz *Fettuccini, ½ c *Capri Blend ½ c Spinach ½ c 1 Lemon PC W.G. Dinner Roll, 1 oz Banana, 1 ea</p> <p>ALT = CBG RB</p>	<p>29</p> <p>*Roasted Turkey Breast 3 oz W.G. Stuffing ½ c *Sweet Potatoes ½ c *Cauliflower ½ c Whole Grain White Mandarin Oranges, ½ c</p> <p>ATL = CBG RB</p>	<p>30</p> <p>*Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun Pears ½ c</p> <p>ALT=CBG T</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

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