

October 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: Ann Stahlheber MS, RDN, LD	*=take temperature of Milk and all food proceeded by an asterisk Choice of 1% Milk or Buttermilk			1 *Cold Sliced Turkey 3 oz Mayo 1 PC Three Bean Salad ½ c Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c ALT=CBG RB
4 *Swedish Meatballs 3-1 oz *Noodles ½ c *Gravy 2 oz *Green Peas ½ c *Buttered Beets ½ c Whole Grain White Apricots ½ c ALT=CS TR	5 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *California Blend ½ c Green Beans ½ c Whole Grain White Sliced Pears ½ c ALT=CBG RB	6 *Tuna Salad 3 oz Spring Mix 1 c, Italian dressing 1 PC Shredded Carrots, Cherry tomatoes, Cucumbers 1 c 2 Whole Grain Wheat Orange ALT=CBG RB	7 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *Cauliflower ½ c *Zucchini ½ c W. G. Breadstick 2 oz Sliced Peaches ½ c ALT=CBG RB	8 *Beef Sloppy Joe 4 oz *Oven Roasted Potatoes 4 oz *Broccoli ½ c W.G. Hamburger Bun 2 oz Scalloped Apples ½ c ALT=CBG TR
11 Columbus Day Site Closed	12 *Stuffed Pepper 6 oz w/ *2 oz Sauce *Mashed Potatoes ½ c *Mixed Vegetables ½ c W.G. Biscuit 2 oz Applesauce ½ c ALT=CS TR	13 *Roasted Turkey 3 oz *Gravy 2 oz *Butternut Squash ½ c Green Beans ½ c W.G. Biscuit 2 oz Banana ALT=CBG RB	14 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Tropical Fruit ½ c W.G. Vanilla Wafers 1 oz ALT=CBG RB	15 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c WG Dinner Roll 2 oz Apricots ½ c ALT=CBG T
18 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Red Cabbage ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CS RB	19 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c Green Peas ½ c Whole Grain White Mixed Fruit ½ c ALT=CBG TR	20 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain Wheat Mandarin Oranges ALT=CBG RB	21 *Breaded Fish 4 oz, Tartar Sce 1 PC *Rice Pilaf ½ c Corn with Red Peppers ½ c Whole Grain Wheat Banana Cranberry Juice 4 oz ALT=CBG RB	22 *Stuffed Cabbage 6 oz *Noodles ½ c *Tomato Sauce 2 oz *Antigua Blend Vegetables ½ c Spinach ½ c/ Lemon Juice 1 PC Whole Grain Wheat Apricots ½ c ALT=CBG TR
25 *Roasted Turkey Breast 3 oz *Gravy 2 oz WG Stuffing ½ c *Mashed Potatoes ½ c *Green Beans ½ c W.G. White Applesauce ½ c ALT=CS TR	26 *Beef Lasagna 8 oz, 2 oz Tomato Sc *California Blend ½ c Zucchini ½ c Whole Grain Wheat Sliced Peaches ½ c Cereal Bar, 1 oz ALT=CBG RB	27 *Chicken Cacciatore 3 oz *WG Pasta ½ c W *Sauce 2 oz. *Mixed Vegetables ½ c California Blend ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG TR	28 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll, 2 oz Red Grapes 1 c ALT=CBG T	29 *Baked Chicken Breast 3 oz w Gravy 2oz *Cheesy Potatoes ½ c *Sautéed Swiss Chard ½ c Whole Grain Biscuit, 2 oz Mandarin Oranges ½ c ALT=CBG TR

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

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