

April WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>Choice of : 1% Milk, Buttermilk, or Calcium Fortified Juice</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>	<p>** emergency food items for these items should be served.</p>		
<p>3</p> <p>* Meatballs 3-1 oz * WG Spaghetti ½ c w/ Sce 2 oz * California Blend ½ c * Spinach ½ c /1 Lemon PC Whole Grain White Apricots, ½ c</p> <p>ALT =CS TR</p>	<p>4</p> <p>*Sliced Turkey, 3 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 V</p>	<p>5</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain Wheat Fresh grapes 1 c</p> <p>ALT = CF T</p>	<p>6</p> <p>*Hamburger 3 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Pears ½ c</p> <p>ALT = CBG TR</p>	<p>7</p> <p>2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Zucchini ½ c *Lima Beans ½ c 2 Whole Grain Wheat Apple Juice ½ c</p> <p>ALT = CF RB</p>
<p>10</p> <p>*3 oz. Corned Beef Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Applesauce ½ c</p> <p>ALT = CS V</p>	<p>11</p> <p>* Tomato Basil Chicken 3 oz *w/ Sauce 2 oz *WG Penne ½ c *Zucchini ½ c, *Green Peas ½ c Dinner Roll, 1 oz Mandarin Oranges ½ c</p> <p>ALT = CBG RB</p>	<p>12</p> <p>*Roasted Turkey Breast 3 oz *Sweet Potatoes ½ c *Gravy 2 oz *Brussels Sprouts ½ c Whole Grain Dinner Roll, 2 oz Cranberry Juice ½ c</p> <p>ALT = CF T</p>	<p>13</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Wheat Bread Fresh Orange, 1 ea</p> <p>ALT = CBG V</p>	<p>14</p> <p>*Roasted Pork Loin 3 oz. *Butternut Squash ½ c *Broccoli ½ c 2 W.G. White Banana</p> <p>ALT= CF TR</p>
<p>17</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 Grape juice ½ c</p> <p>ALT = CS RB</p>	<p>18</p> <p>*Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange</p> <p>ALT = CBG V</p>	<p>19</p> <p>*Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c *Cauliflower ½ c, *Green Beans ½ c 1 Whole Grain White Tropical Fruit ½ c</p> <p>ALT = CF T</p>	<p>20</p> <p>*Lemon Picatta Chicken 3 oz *Brown Rice Pilaf ½ c *Bermuda Blend ½ c *Carrots ½ c Whole Grain White Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>	<p>21</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT = CF TR</p>
<p>24</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>ALT = CS TR</p>	<p>25</p> <p>*Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Carrots ½ c **Vanilla Wafers 1 oz Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>26</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ 2 Whole Wheat Bread c Peaches ½ c</p> <p>ALT = CF V</p>	<p>27</p> <p>*Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Banana, 1 ea</p> <p>ATL = CBG TR</p>	<p>28</p> <p>*Beef Lasagna 3 oz. *Spinach ½ c *Corn ½ c Whole Grain Dinner Roll, 2 oz Applesauce ½ c</p> <p>ALT=CF T</p>

Western Reserve Area Agency on Aging - 2023

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF= Chef Salad w/ Lettuce, Ham, Egg, Cheese