

January 2023 WRAAA Menu

HAPPY NEW YEAR, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>New Year's Observed</p> <p>Site Closed</p>	<p>3</p> <p>*Breaded Chicken Breast, 3 oz Mayo 1 PC *Carrots ½ c *Brussels Sprouts ½ c W.G. Hamburger Bun 2 oz. Applesauce ½ c</p> <p>ALT=CS RB</p>	<p>4</p> <p>*Stuffed Cabbage 4 oz. *w/Sauce 2 oz *Mashed Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain Wheat Sliced Apricots ½ c</p> <p>ALT= CBG T</p>	<p>5</p> <p>*2(2oz.) Stuffed Shells *w/Sauce 2 oz. *Spinach ½ c Lemon Juice 1 PC *California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c</p> <p>ALT=CBG TR</p>	<p>6</p> <p>* Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Corn w/Red Peppers ½ c Whole Grain Roll, 2 oz. Orange</p> <p>ALT=CBG T</p>
<p>9</p> <p>*Breaded Fish 4 oz. Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Applesauce ½ c</p> <p>ALT=CS RB</p>	<p>10</p> <p>*Salisbury Steak 3 oz. w *Gravy *W.G. Noodles ½ c *Cauliflower ½ c *Mixed Vegetables ½ c W. G. Wheat Diced Peaches ½ c</p> <p>ALT=CBG TR</p>	<p>11</p> <p>*Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>12</p> <p>*Pineapple Glaze Ham 3 oz. *Scalloped Potatoes ½ c *Buttered Carrots ½ c 2 Whole Grain White Banana</p> <p>ALT=CBG T</p>	<p>13</p> <p>*Sweet & Sour Meatballs 3-1 oz Sauce 2 oz /*Brown Rice ½ c *Oriental Blend Vegetables ½ c *Green Peas ½ c Whole Grain Wheat Orange Juice 4 oz.</p> <p>ALT=CBG RB</p>
<p>16</p> <p>Martin Luther King Day</p> <p>Site Closed</p>	<p>17</p> <p>*Vegetable Lasagna 6 oz *California Blend ½ c W. G. Dinner Roll, 2 oz Mixed Fruit, ½ c Grape Juice 4 oz.</p> <p>ALT=CS RB</p>	<p>18</p> <p>*Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, *Carrots ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT=CBG TR</p>	<p>19</p> <p>*Chicken Stir Fry, 3 oz *Chicken *Brown Rice ½ c *Kyoto Blend ½ c, *Asian Blend ½ c W.G. White Mandarin Oranges ½ c</p> <p>ATL=CBG RB</p>	<p>20</p> <p>*Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC * Buttered Beets ½ c Whole Grain Bun 2 oz. Tropical Fruit ½ c</p> <p>ALT=CBG TR</p>
<p>23</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Dinner Roll 2 oz. Mandarin Oranges ½ c</p> <p>ALT=CS TR</p>	<p>24</p> <p>*Stuffed Peppers 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT=CBG T</p>	<p>25</p> <p>*Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash ½ c *Mixed Vegetables ½ c Whole Grain White Banana</p> <p>ALT=CBG RB</p>	<p>26</p> <p>*BBQ Chicken, 3 oz. *Macaroni and Cheese, ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Grapes 1 c</p> <p>ALT =CBG RB</p>	<p>27</p> <p>*Breaded Fish 4 oz. Tartar Sce 1 PC *Rice Pilaf ½ c *Corn ½ c *Broccoli ½ c W.G. Wheat Pineapple Tidbits ½ c</p> <p>ALT= CBG TR</p>
<p>30</p> <p>*Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Chunky Applesauce ½ c</p> <p>ALT= CS TR</p>	<p>31</p> <p>*Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange</p> <p>ALT= CBG RB</p>	<p>Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i></p>		<p>Choice of : 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk</p>

Western Reserve Area Agency on Aging - 2023

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



February 2023 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of : 1 % Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>		<p>1</p> <p>*Beef Sloppy Joe 4 oz *Green Peas ½ c *Cauliflower ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT = CBG T</p>	<p>2</p> <p>*Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana</p> <p>ALT = CBG RB</p>	<p>3</p> <p>*BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Applesauce ½ c</p> <p>ALT = CBG TR</p>
<p>6</p> <p>*Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea</p> <p>ALT = CS TR</p>	<p>7</p> <p>*Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c * Buttered Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz</p> <p>ALT = CBG RB</p>	<p>8</p> <p>*Swedish Meatballs 3-1 oz w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CBG TR</p>	<p>9</p> <p>*Baked Fish 4 oz. Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Lima Beans ½ c Whole Grain Wheat Orange</p> <p>ALT = CBG RB</p>	<p>10</p> <p>*Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Pears ½ c</p> <p>ALT = CBG T</p>
<p>13</p> <p>*Tomato Basil Chicken 3 oz w / Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT = CS RB</p>	<p>14</p> <p>*Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT = CBG TR</p>	<p>15</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c</p> <p>ALT = CBG RB</p>	<p>16</p> <p>* Roasted Turkey Breast 3 oz. *Gravy 2 oz. *W.G. Stuffing ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Orange Cranberry Juice ½ c</p> <p>ALT = CBG T</p>	<p>17</p> <p>*Stuffed Peppers 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT = CBG TR</p>
<p>20</p> <p>PRESIDENT'S DAY</p> <p>Site Closed</p>	<p>21</p> <p>*Salisbury Steak 3 oz. *Mushroom Gravy 2 oz. *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CS TR</p>	<p>22</p> <p>*Breaded Fish 3 oz. Tarter Sauce 1 PC *Seasoned Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Scalloped Apples ½ c</p> <p>ALT = CBG RB</p>	<p>23</p> <p>*Grilled Chicken strips 3 oz With Alfredo sc 2 oz *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz Fresh Orange Apple Juice ½ c</p> <p>ALT = CBG T</p>	<p>24</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Cauliflower ½ c *Kyoto Blend ½ c Whole Grain White Fresh Grapes 1 c</p> <p>ALT = CBG RB</p>
<p>27</p> <p>*Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend ½ c *Carrots ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT = CS TR</p>	<p>28</p> <p>*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain bun, 2 oz Sliced Pears ½ c</p> <p>ALT = CBG RB</p>			<p>Menu Approved by: <i>Ann Stabbeber, MS, RDN, LD</i></p>

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



March 2023 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of : 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food preceded by an asterisk</p>	<p>Menu Approved by: <i>Ann Stalheber, MS, RDN, LD</i></p>	<p>1</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2oz / *Stuffing ½ c *Green Beans ½ *Corn w/ Red Peppers ½ c W.G. Dinner Roll Banana</p> <p>ALT = CBG T</p>	<p>2</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit, 2 oz. Sliced Apricots ½ c</p> <p>ALT = CBG T</p>	<p>3</p> <p>*Vegetable Lasagna 6 oz. *Carrots ½ c *Succotash ½ c Whole Grain Wheat Pineapple Chunks ½ c W.G. Vanilla Wafers 1 oz.</p> <p>ALT = CBG TR</p>
<p>6</p> <p>*Beef Lasagna 3 oz. *Spinach ½ c *Carrots ½ c Whole Grain Dinner Roll, 2 oz Applesauce ½ c</p> <p>ALT = CS TR</p>	<p>7</p> <p>*Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Green Peas W.G. Cereal Bar 1 oz Pineapple ½ c</p> <p>ALT = CBG RB</p>	<p>8</p> <p>*Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Banana</p> <p>ALT = CBG T</p>	<p>9</p> <p>*BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c</p> <p>ALT = CBG RB</p>	<p>10</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC *Cole Slaw ½ c *Potato Wedges ½ c W.G. Hamburger Bun Scalloped Apples ½ c</p> <p>ALT = CBG TR</p>
<p>13</p> <p>*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain bun, 2 oz Sliced Pears ½ c</p> <p>ALT = CS RB</p>	<p>14</p> <p>*Salisbury Steak 3 oz. * Mushroom Gravy 2 oz. *W.G. Noodles ½ c *Green Beans ½ c Buttered Beets ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CBG T</p>	<p>15</p> <p>*Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c Broccoli ½ c Whole Grain wheat Mixed Fruit ½ c</p> <p>ALT = CBG RB</p>	<p>16</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 = CBG TR</p>	<p>17</p> <p>*Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c</p> <p>ALT = CBG T</p>
<p>20</p> <p>*Roasted Turkey Breast 3 oz. * Gravy 2 oz./ *Sweet Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Cranberry Juice ½ c</p> <p>ALT = CS RB</p>	<p>21</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c W.G. Corn Bread 2 oz Pears ½ c</p> <p>ALT = CBG TR</p>	<p>22</p> <p>*Lemon Gravy 2 oz/ Chicken 3 oz. *Brown Rice ½ c Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Orange</p> <p>ALT = CBG RB</p>	<p>23</p> <p>*Swedish Meatballs 3-1 oz. w/Gravy 2 oz./ *Noodles ½ c *California Blend ½ c Sautéed Mushrooms ½ c. Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CBG T</p>	<p>24</p> <p>2-2 oz. Stuffed Shells w/ Sauce 2 oz. *Spinach ½ c/1 PC Lemon Juice *Lima Beans ½ c Whole Grain Garlic Toast 2 oz. Sliced Pears ½ c</p> <p>ALT=CBG TR</p>
<p>27</p> <p>*Beef Sloppy Joe 4 oz. *Cauliflower ½ c * Buttered Beets ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT = CS TR</p>	<p>28</p> <p>*Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c, Zucchini ½ c Dinner Roll, 1 oz Pears ½ c</p> <p>ALT = CBG RB</p>	<p>29</p> <p>*Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Butternut Squash ½ c W. G. Dinner Roll, 2 oz Banana</p> <p>ALT = CBG T</p>	<p>30</p> <p>*Beef Meatloaf w/ Ketchup Glaze 3 oz. *Mashed Potatoes ½ c/ 2 oz gravy *Broccoli ½ c 2 Whole Grain White Chunky Applesauce ½ c</p> <p>ALT = CBG TR</p>	<p>31</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC *Green Peas ½ c *Potato Wedges ½ c W.G. Hamburger Bun Grapes 1 c</p> <p>ALT = CBG TR</p>

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