

May 2018 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Jill Riffle MS, RDN, LD</i></p> <p>Menu Written By: Carolynn Scott</p>	<p>1 *Roasted Turkey Breast 3 oz *Brown Rice ½ c *Gravy 2 oz Harvard Beets ½ c Brussel Sprouts ½ c 1 Whole Grain White Orange</p> <p>ALT= CBG RB</p>	<p>2 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT = CBG T</p>	<p>3 *Breaded Chicken Breast Pattie 3 oz Basil Tomato Sauce 1 oz Spinach ½ c Corn w/Red Pepper ½ c Whole Grain Bun Sliced Pears ½ c</p> <p>ALT = CBG RB</p>	<p>4 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain White Tropical Fruit ½ c</p> <p>ALT = CBG T</p>
<p>7 2-2 oz. *Stuffed Shells *w/Sauce 2 oz Broccoli ½ c Glazed Baby Carrots ½ c 1 Whole Grain Wheat W.G. Vanilla Wafers 1 oz. Applesauce ½ c</p> <p>ALT = CS RB</p>	<p>8 * Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c Spinach ½ c Sliced Peaches & Pears ½ c</p> <p>ALT = CBG RB</p>	<p>9 *BBQ Rib Patty 3 oz *Baby Lima Beans ½ c *Sweet Potatoes ½ c Whole Grain Bun Tropical Fruit ½ c</p> <p>ALT = CBG TR</p>	<p>10 Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c Green Beans ½ c Cauliflower ½ c 1 Whole Wheat Bread Banana</p> <p>ALT = CBG T</p>	<p>11 *Cold Roasted "Sandwich" SI Turkey Breast 3 oz, Mayo 1 PC *Potato Salad ½ c Tomato, Cucumber, and Onion Salad ½ c 2 Whole Grain Rye Mandarin Oranges ½ c</p> <p>ALT = CBG RB</p>
<p>14 Fish 4 oz/Tartar Sauce 1PC Cheese Potatoes ½ c Capri Blend ½ c 1 Whole Grain Wheat Oatmeal Bar 1 oz Orange Juice ½ c</p> <p>ALT = CS TR</p>	<p>15 *Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Spinach ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT=CBG T</p>	<p>16 *Chicken Breast Stuffed w/ Broccoli 6 oz *O'Brien Potatoes ½ c Red Cabbage ½ c 2 Whole Grain White Apricots ½ c</p> <p>ALT = CBG T</p>	<p>17 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>	<p>18 *Sweet & Sour Chicken 3 oz *Brown Rice ½ c Mixed Vegetables ½ c Broccoli ½ c 1 Whole Grain White Mixed Fruit ½ c</p> <p>ALT = CBG RB</p>
<p>21 *Meatballs 3-1 oz *Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Brussel Sprouts ½ c Sliced Peaches ½ c</p> <p>ALT = CS TR</p>	<p>22 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Green Peas ½ c Baby Carrots ½ c 1 Whole Grain Wheat Applesauce ½</p> <p>ALT=CBG RB</p>	<p>23 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c Spinach ½ c 1 Whole Grain Rye Scalloped Apples ½ c. W. G. Vanilla Wafers 1 oz</p> <p>ALT = CBG TR</p>	<p>24 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c W. G. Dinner Roll 2 oz Mandarin Oranges ½c</p> <p>ALT = CBG T</p>	<p>25 *Beef Hot Dog 2 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ Whole Grain Bun Banana</p> <p>ALT = CBG TR</p>
<p>28 Memorial Day Site Closed</p>	<p>29 *Beef Lasagna 6 oz Antiqua Blend Veggie ½ c Corn ½ c Whole Grain Garlic Toast 2 oz Apricots ½ c</p> <p>ALT=CS TR</p>	<p>30 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Wheat Bread Banana</p> <p>ALT = CBG RB</p>	<p>31 *Lemon Pica Chicken 3 oz *Scalloped Potatoes ½ c Buttered Beets ½ c Whole Grain Buttermilk Biscuits 2oz Pineapple Chunks ½ c</p> <p>ALT=CBG T</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 - 2018

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



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