

April 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<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 preceded by an asterisk.</p>	<p>** emergency food items for these items should be served.</p>		<p>1 *Breaded Fish 4 oz w Tartar Sc 1 PC *Rice Pilaf ½ c * Spinach ½ c /1 Lemon PC *California Blend ½ c *W.G. Vanilla Wafers 1 oz Pineapple, ½ c ATL = CBG RB</p>
<p>4 *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 ATL=CS TR</p>	<p>5 *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 ALT = CBG RB</p>	<p>6 *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 ATL = CBG T</p>	<p>7 *Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c *Broccoli ½ c *Carrots ½ c Whole Grain Wheat Fresh Fruit Salad 1 c ATL = CBG RB</p>	<p>8 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Zucchini ½ c *Lima Beans ½ c 2 Whole Grain Wheat Applesauce ½ c ALT = CBG T</p>
<p>11 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Applesauce ½ c ATL= CS TR</p>	<p>12 * 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 ATL = CBG RB</p>	<p>13 *Roasted Turkey Breast 3 oz *Mashed Potatoes ½ c *Gravy 2 oz *Brussels Sprouts ½ c Whole Grain Dinner Roll, 2 oz Mandarin Oranges, ½ c ATL = CBG RB</p>	<p>14 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Carrots ½ c Whole Grain White Mixed Fruit ½ c ATL = CBG T</p>	<p>15 *Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Fresh Grapes 1 c ATL = CBG RB</p>
<p>18 *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 Pears ½ c ATL = CS RB</p>	<p>19 *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 ATL = CBG TR</p>	<p>20 *Hamburger 3 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Grape Juice ½ c ATL = CBG T</p>	<p>21 *Lemon Picatta Chicken 3 oz *Brown Rice Pilaf ½ c *Brussel Sprouts ½ c *Carrots ½ c Whole Grain White Pineapple Chunks ½ c ALT = CBG RB</p>	<p>22 *Meatballs 3-1 oz * WG Spaghetti ½ c c w/ Sce 2 oz *California Blend ½ c Spinach ½ c /1 Lemon PC Whole Grain White Apricots, ½ c ATL = CBG TR</p>
<p>25 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Wheat Bread Fresh Orange, 1 ea ALT = CS RB</p>	<p>26 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 Whole Wheat Bread c Applesauce ½ c ALT=CBG TR</p>	<p>27 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Banana, 1 ea ALT = CBG RB</p>	<p>28 *Roasted Turkey Breast 3 oz W.G. Stuffing ½ c *Sweet Potatoes ½ c *Cauliflower ½ c Whole Grain White Mandarin Oranges, ½ c ATL = CBG RB</p>	<p>29 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun Pears ½ c ALT=CBG T</p>

Western Reserve Area Agency on Aging - 2022

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

