

# May 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Green Peas ½ c 1 Whole Grain Rye Applesauce ½ c Oatmeal Cookie, 1 oz ALT = CS TR	3 2-2 oz. Cheese Ravioli *w/Sauce 2 oz *Broccoli ½ c *Glazed Baby Carrots ½ c W. G. Dinner Roll, 2 oz Apricots ½ c ALT = CBG TR	4 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Pears ½ c ALT= CBG RB	5 *Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Sliced Peaches ½ c Grape Juice 4 oz ALT = CBG RB	6 *Fish 4 oz/Tartar Sauce 1 PC *Brown Rice ½ c *Buttered Beets ½ c *Spinach ½ c / 1 PC Vinegar 1 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG TR
9 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Beans ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT = CS TR	10 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2oz Pineapple Chunks ½ c ALT = CBG RB	11 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 Whole Wheat Bread Orange ALT = CBG T	12 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *California Blend ½ c 2 Whole Grain White Banana ATL = CBG T	13 * Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c Peppers and Onions ½ c 1 Whole Grain White Mandarin Oranges ½ c ALT = CBG RB
16 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Carrots ½ c *Spinach ½ c / 1 PC lemon 1 Whole Grain Wheat Applesauce ½ c ALT = CS RB	17 *Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Green Beans ½ c 1 Whole Grain White Apricots ½ c ALT=CBG RB	18 * Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange ALT = CBG RB	19 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *California Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c ATL = CBG T	20 *Swedish Meatballs 3-1 oz w/ *Gravy 2 oz *Buttered Noodles ½ c *Green Peas ½ c *Mushrooms ½ c 1 Whole Wheat Bread Grapes 1 c ALT = CBG TR
23 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Wheat Bread Grape Juice 4 oz ALT = CS TR	24 *Chicken Cordon Bleu 6 oz *W.G. Pasta W. Pesto Sauce ½ c *Green Beans ½ c *Carrot coins ½ c 2 Whole Grain White Pears ½ c ALT= CBG RB	25 *Beef Meatloaf 3 oz w *Gravy 2 oz / *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT = CBG TR	26 *Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c Spinach ½ c / 1 Vinegar PC W.G. Dinner Roll, 2 oz Applesauce ½ c ALT = CBG T	27 * BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green Beans ½ c WG Corn Muffin 1 oz Apple Juice 4 oz ALT = CBG RB
30 <b>Memorial Day</b>  <b>Site Closed</b>	31 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mandarin oranges ½ c ATL = CS RB	<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>		Choice of 1% Milk or Buttermilk  *Take Temperature of Milk and all food proceeded by an asterisk.

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