




















**April 2022**  
**West Side Community House Healthy Aging Center**  
 (216) 771-7297 ext. 303/www.WSCHouse.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Activities may change without notice</p>	<p>The pool table room is open come join us!!!</p> 	<p>Games from 10am-Noon Cards Connect 4</p> 		<p>1 April Fools Day</p> 
<p>4 11:00 Dance Fitness</p> 	<p>5 10:15 Bingo 11:00 Zoom Tai Chi</p> 	<p>6 11:00 Zoom Matter of Balance 1:00 pm Shop at Aldi's</p> 	<p>7 10:00 Art Expressions 11:00 Zoom Meditation</p> 	<p>8 8:00-12:00 CWRU Nursing Students 11:45 Post Office On Wheels</p>  
<p>11 11:00 Dance Fitness Soul</p> 	<p>12 10:15 Bingo 11:00 Zoom Tai Chi</p> 	<p>13 10:15 Bingo 11:00 Zoom Matter of Balance 1:00 pm Shopping at Walmart</p> 	<p>14 10:00 Art Expressions 11:00 Zoom Meditation 11:30 Color Easter Eggs</p> 	<p>15 <b>Site Closed</b></p> 
<p>18 11:00 Dance Fitness Disco</p> 	<p>19 10:15 Bingo 11:00 Zoom Tai Chi</p>	<p>20 10:00 HAC Food Pantry</p> 	<p>21 10:00 Art Expressions 11:00 Zoom Meditation 11:30 Senior Site Council Meeting</p> 	<p>22 11:30 Chair Exercises</p>
<p>25 11:00 Dance Fitness Salsa</p> 	<p>26 10:15 Bingo 11:00 Zoom Tai Chi</p> 	<p>27 10:15 Bingo 11:00 Zoom Matter of Balance 1:00 pm Shop at Marc's/Dollar Tree</p>	<p>28 10:00 Art Expressions 11:00 Zoom Meditation 11:30 Bingo</p>	<p>29 11:30 Chair Exercises</p>

This program is funded in part by the Older American Act through WRAAAA & Cuyahoga County Health & Human Services Levy.

# April 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stabbeber 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>	<p>** emergency food items for these items should be served.</p>		
<p>4 ATL=CS TR</p> <p>*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</p>	<p>5 ALT = CBG RB</p> <p>*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</p>	<p>6 ATL = CBG T</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>7 ATL = CBG RB</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c *Broccoli ½ c *Carrots ½ c Whole Grain Wheat Fresh Fruit Salad 1 c</p>	<p>1 RB</p> <p>*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</p>
<p>11 ATL=CS TR</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Applesauce ½ c</p>	<p>12 ALT = CBG RB</p> <p>* 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</p>	<p>13 ATL = CBG RB</p> <p>*Roasted Turkey Breast 3 oz *Mashed Potatoes ½ c *Gravy 2 oz *Brussels Sprouts ½ c Whole Grain Dinner Roll, 2 oz Mandarin Oranges, ¼ c</p>	<p>14 ATL = CBG T</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Carrots ½ c Whole Grain White Mixed Fruit ½ c</p>	<p>15 RB</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 Fresh Grapes 1 c ATL = CBG</p>
<p>18 ATL=CS RB</p> <p>*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</p>	<p>19 ALT = CBG TR</p> <p>*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</p>	<p>20 ATL = CBG RB</p> <p>*Hamburger 3 oz Mustard &amp; Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Grape Juice ½ c</p>	<p>21 ALT = CBG RB</p> <p>*Lemon Picatta Chicken 3 oz *Brown Rice Pilaf ½ c *Brussel Sprouts ½ c *Carrots ½ c Whole Grain White Pineapple Chunks ½ c</p>	<p>22 RB</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 ATL = CBG</p>
<p>25 ALT=CS RB</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Wheat Bread Fresh Orange, 1 ea</p>	<p>26 ALT=CBG TR</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ 2 Whole Wheat Bread c Applesauce ½ c</p>	<p>27 ATL = CBG RB</p> <p>*Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Banana, 1 ea</p>	<p>28 ATL = CBG RB</p> <p>*Roasted Turkey Breast 3 oz W.G. Stuffing ½ c *Sweet Potatoes ½ c *Cauliflower ½ c Whole Grain White Mandarin Oranges, ½ c</p>	<p>29 T</p> <p>*Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun Pears ½ c ALT=CBG</p>

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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 Criscent ALT CBG = Spring Lettuce Salad w/Chicken Breast