

April 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Spinach ½ c / 1 Lemon PC Whole Grain Bun Sliced Peaches ½ c ATL= CS T	2 *Chicken Breast Stuffed w/ Broccoli 6 oz Green Beans ½ c *O'Brien Potatoes ½ c 2 Whole Grain White Apricots ½ c ALT = CBG T	3 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c ALT = CBG RB	4 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain Rye Applesauce ½ c ALT = CBG TR	5 *Vegetable Lasagna 8 oz Buttered Beets ½ c Brussel Sprouts ½ c Whole Grain Wheat Sliced Pears ½ c W. G. Vanilla Wafers 1 oz ALT = CBG RB
8 *Chicken Alfredo 3 oz *Sauce 2 oz / *Noodles ½ c Green Peas ½ c Capri Blend ½ c Whole Grain Wheat Pineapple Chunks ½ c ATL=CS RB	9 *Sliced Ham 3 oz w/ Pineapple Glaze * Scalloped Potatoes ½ c Green Beans ½ c 2 Whole Grain White Mixed Fruit ½ c ALT = CBG RB	10 *Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c W. G. Dinner Roll 2 oz Mandarin Oranges ½ c ATL = CBG T	11 *Beef Hot Dog 2 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Banana ATL = CBG TR	12 *Stuffed Shells 2-2ozw/Sauce 2 oz Broccoli ½ c Baby Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Applesauce ½ c ATL = CBG RB
15 *Roasted Turkey Breast 3 oz *Brown Rice ½ c *Gravy 2 oz Harvard Beets ½ c Brussel Sprouts ½ c 1 Whole Grain White Mandarin Oranges ATL= CS RB	16 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ATL = CBG T	17 *BBQ Rib Patty 3 oz *Baby Lima Beans ½ c *Sweet Potatoes ½ c Whole Grain Bun Sliced Pears ½ c ATL = CBG TR	18 *Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c Green Beans ½ c, Cauliflower ½ c 1 Whole Grain White Pineapple Chunks ½ c ATL = CBG T	19 <p style="text-align: center;">Centers closed in honor of the Good Friday holiday. No home Delivered Meals served.</p>
22 * Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c, Green Peas ½ c Sliced Peaches & Pears ½ c ATL = CS RB	23 *Beef Lasagna 8 oz Green Beans ½ c Buttered Beets ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ATL = CBG TR	24 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Broccoli ½ c 2 Whole Wheat Bread Banana ATL = CBG T	25 *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 ALT = CBG RB	26 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Wheat Bread Apricots ½ c ATL = CBG TR
29 *Meatballs 3-1 oz *Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Spinach ½ c / 1 Lemon PC Applesauce ½ c ALT=CS TR	30 *Lemon Pica Chicken 3 oz Scalloped Potatoes ½ c Brussel Sprouts ½ c 2 Whole Grain White Pineapple Chunks ½ c ALT = CBG RB	<p style="text-align: center;">Menu Written By: Carolynn Scott</p>	<p style="text-align: center;">Menu Approved By: Jill Riffle MS, RDN, LD</p>	<p style="text-align: center;">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 - 2019

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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