

# May 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: Jill Riffle MS, RDN, LD</p> <p>Menu Written By: Carolynn Scott</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>	<p style="text-align: center;">1</p> <p>*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 style="text-align: center;">ALT = CBG <span style="float: right;">TR</span></p>	<p style="text-align: center;">2</p> <p>*Breaded Chicken Breast Pattie 3 oz Basil Tomato Sauce 1 oz Spinach ½ c/ 1 Vinegar PC Corn w/ Red Pepper ½ c Whole Grain Bun Sliced Pears ½ c</p> <p style="text-align: center;">ALT = CBG <span style="float: right;">RB</span></p>	<p style="text-align: center;">3</p> <p>*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</p> <p style="text-align: center;">ALT= CBG <span style="float: right;">RB</span></p>
<p style="text-align: center;">6</p> <p>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 style="text-align: center;">ALT = CS <span style="float: right;">T</span></p>	<p style="text-align: center;">7</p> <p>* Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c Green Beans ½ c Sliced Peaches &amp; Pears ½ c</p> <p style="text-align: center;">ALT = CBG <span style="float: right;">RB</span></p>	<p style="text-align: center;">8</p> <p>*BBQ Rib Patty 3 oz *Baby Lima Beans ½ c *Sweet Potatoes ½ c Whole Grain Bun Mixed Fruit ½ c</p> <p style="text-align: center;">ALT = CBG <span style="float: right;">TR</span></p>	<p style="text-align: center;">9</p> <p>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 style="text-align: center;">ALT = CBG <span style="float: right;">T</span></p>	<p style="text-align: center;">10</p> <p>*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 Pineapple Chunks ½ c</p> <p style="text-align: center;">ALT = CBG <span style="float: right;">RB</span></p>
<p style="text-align: center;">13</p> <p>*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 style="text-align: center;">ALT = CS <span style="float: right;">TR</span></p>	<p style="text-align: center;">14</p> <p>*Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Spinach ½ c/ 1 Lemon PC Whole Grain Bun Sliced Peaches ½ c</p> <p style="text-align: center;">ALT= CBG <span style="float: right;">T</span></p>	<p style="text-align: center;">15</p> <p>*Chicken Breast Stuffed w/ Broccoli 6 oz Green Beans ½ c *O'Brien Potatoes ½ c 2 Whole Grain White Apricots ½ c</p> <p style="text-align: center;">ALT = CBG <span style="float: right;">T</span></p>	<p style="text-align: center;">16</p> <p>*Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c</p> <p style="text-align: center;">ALT = CBG <span style="float: right;">RB</span></p>	<p style="text-align: center;">17</p> <p>*Sweet &amp; 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 style="text-align: center;">ALT = CBG <span style="float: right;">T</span></p>
<p style="text-align: center;">20</p> <p>*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 style="text-align: center;">ALT = CS <span style="float: right;">TR</span></p>	<p style="text-align: center;">21</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Green Peas ½ c Baby Carrots ½ c 1 Whole Grain Wheat Sliced Pears ½ c</p> <p style="text-align: center;">ALT=CBG <span style="float: right;">RB</span></p>	<p style="text-align: center;">22</p> <p>*Roasted Pork Loin 3 oz *Sweet Potatoes ½ c Spinach ½ c/ 1 Vinegar PC 1 Whole Grain Rye Applesauce ½ c W. G. Vanilla Wafers 1 oz</p> <p style="text-align: center;">ALT = CBG <span style="float: right;">TR</span></p>	<p style="text-align: center;">23</p> <p>*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</p> <p style="text-align: center;">ALT = CBG <span style="float: right;">T</span></p>	<p style="text-align: center;">24</p> <p>*Beef Hot Dog 2 oz Mustard &amp; Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ Whole Grain Bun Banana</p> <p style="text-align: center;">ALT = CBG <span style="float: right;">TR</span></p>
<p style="text-align: center;">27</p> <p style="text-align: center;">Centers closed in honor of Memorial Day Holiday</p> <p style="text-align: center;">No Home Delivered Meals served</p>	<p style="text-align: center;">28</p> <p>*Beef Lasagna 8 oz Antiqua Blend Veggie ½ c Corn ½ c Whole Grain Garlic Toast 2 oz Apricots ½ c</p> <p style="text-align: center;">ALT=CS <span style="float: right;">TR</span></p>	<p style="text-align: center;">29</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Wheat Bread Banana</p> <p style="text-align: center;">ALT = CBG <span style="float: right;">RB</span></p>	<p style="text-align: center;">30</p> <p>*Lemon Pica Chicken 3 oz *Scalloped Potatoes ½ c Buttered Beets ½ c Whole Grain Dinner Roll 2 oz Pineapple Chunks ½ c</p> <p style="text-align: center;">ALT=CBG <span style="float: right;">T</span></p>	<p style="text-align: center;">31</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Broccoli ½ c 2 Whole Wheat Bread Mandarin Oranges ½ c</p> <p style="text-align: center;">ALT = CBG <span style="float: right;">TR</span></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

