

# SEPTEMBER 2019 WRAAA MENU

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| <p>2</p> <p style="text-align: center;">Centers closed in honor of Labor Day Holiday.</p> <p style="text-align: center;">No home Delivered Meals Served.</p>  | <p>3</p> <p style="text-align: center;">*Hamburger 3 oz<br/>Ketchup 2 PC<br/>Broasted Potatoes ½ c<br/>Spinach ½ c w/ Vinegar 1 PC<br/>Whole Grain Bun<br/>Pineapple Chunks ½ c</p> <p style="text-align: center;">ALT=CBG      TR</p>    | <p>4</p> <p style="text-align: center;">Hawaiian Chicken 3 oz<br/>*Rice Pilaf ½ c<br/>*Baby Carrots ½ c<br/>Green Beans ½ c<br/>Whole Grain Wheat<br/>Tropical Fruit ½ c</p> <p style="text-align: center;">ALT=CBG      RB</p>               | <p>5</p> <p style="text-align: center;">*Roasted Turkey Breast 3 oz<br/>*Gravy 2 oz<br/>*Mashed Potatoes ½ c<br/>California Blend ½ c<br/>2 Whole Grain Rye<br/>Banana</p> <p style="text-align: center;">ALT=CBG      RB</p>                         | <p>1</p> <p style="text-align: center;">*Beef Hot Dog<br/>Mustard 1 PC /Ketchup 1 PC<br/>*Seasoned Potato Wedges ½ c<br/>*Baked Beans ½ c<br/>Whole Grain Bun<br/>Apricots ½ c</p> <p style="text-align: center;">ALT=CBG      TR</p> |
| <p>9</p> <p style="text-align: center;">*Chicken Alfredo 4 oz<br/>*Buttered Noodles ½ c<br/>Mixed Vegetables ½ c<br/>Harvard Beets ½ c<br/>Whole Grain White<br/>Sliced Pears ½ c</p> <p style="text-align: center;">ALT-CS      RB</p>               | <p>10</p> <p style="text-align: center;">*Salisbury Steak 3 oz<br/>*Gravy 2 oz<br/>*Mashed Potatoes ½ c<br/>Broccoli ½ c<br/>2 Whole Grain Wheat<br/>Banana</p> <p style="text-align: center;">ALT=CBG      TR</p>                        | <p>11</p> <p style="text-align: center;">*Breaded Pork Pattie 3.75 oz<br/>*Sweet Potatoes ½ c<br/>Green Peas ½ c<br/>W.G. Dinner Roll 2 oz<br/>Scalloped Apples ½ c</p> <p style="text-align: center;">ALT=CBG      T</p>                     | <p>12</p> <p style="text-align: center;">*Tuna Salad 3 oz<br/>*Potato Salad ½ c<br/>*Corn Relish Salad ½ c<br/>2 Whole Grain Wheat<br/>Apricots ½ c</p> <p style="text-align: center;">ALT=CBG      RB</p>  | <p>8</p> <p style="text-align: center;">*Beef Stew 8 oz<br/>Brussel Sprouts ½ c<br/>Buttered Sliced Carrots ½ c<br/>Whole Grain Wheat<br/>W.G. Vanilla Wafers 1 oz<br/>Orange</p> <p style="text-align: center;">ALT=CBG      T</p>   |
| <p>16</p> <p style="text-align: center;">*Stuffed Pepper 6 oz w/<br/>2 oz Sauce<br/>*Mashed Potatoes ½ c<br/>*Baby Lima Beans ½ c<br/>W.G. Honey Wheat Biscuit 2 oz<br/>Tropical Fruit ½ c</p> <p style="text-align: center;">ALT=CS      TR</p>      | <p>17</p> <p style="text-align: center;">*Cold Sliced Turkey 3 oz<br/>Mayo 1 PC<br/>*Tomato Cuke Onion Salad ½ c<br/>*Cole Slaw ½ c<br/>2 Whole Grain Rye<br/>Mandarin Oranges ½ c</p> <p style="text-align: center;">ALT=CBG      RB</p> | <p>18</p> <p style="text-align: center;">*Breaded Chicken Breast 3 oz<br/>Marinara Sauce 2 oz<br/>Green Beans ½ c<br/>Capri Blend ½ c<br/>W. G. Breadstick 2 oz<br/>Sliced Peaches ½ c</p> <p style="text-align: center;">ALT=CBG      RB</p> | <p>19</p> <p style="text-align: center;">*Swedish Meatballs 3-1 oz<br/>*Noodles ½ c * w/Gravy 2 oz<br/>Broccoli ½ c<br/>Red Cabbage ½ c<br/>Whole Grain White<br/>Banana</p> <p style="text-align: center;">ALT=CBG      T</p>                        | <p>15</p> <p style="text-align: center;">*Sliced Ham 3 oz<br/>w/ Pineapple Glaze<br/>Mixed Vegetables ½ c<br/>Cheesy Potatoes ½ c<br/>Corn Muffin 2 oz<br/>Mixed Fruit ½ c</p> <p style="text-align: center;">ALT=CBG      T</p>      |
| <p>23</p> <p style="text-align: center;">*Sweet &amp; Sour Pork Loin 4 oz<br/>*Rice Pilaf ½ c<br/>Buttered Sliced Carrots ½ c<br/>Green Peas ½ c<br/>W.G. Vanilla Wafer 1 oz<br/>Applesauce ½ c</p> <p style="text-align: center;">ALT=CS      TR</p> | <p>24</p> <p style="text-align: center;">*Pepper Steak 3 oz<br/>*Butternut Squash ½ c<br/>Green Beans ½ c<br/>Blueberry Muffin 2 oz<br/>Banana</p> <p style="text-align: center;">ALT=CBG      T</p>                                      | <p>25</p> <p style="text-align: center;">*Beef Stroganoff 4 oz<br/>*Noodles ½ c w/*Gravy 2 oz<br/>Mixed Vegetables ½ c<br/>Corn ½ c<br/>Whole Grain Wheat<br/>Pineapple Chunks ½ c</p> <p style="text-align: center;">ALT=CBG      TR</p>     | <p>26</p> <p style="text-align: center;">*Breaded Fish 4 oz<br/>Tartar Sauce 1 PC<br/>*Scalloped Potatoes ½ c<br/>Spinach ½ c/ Lemon Juice 1 PC<br/>W.G. Dinner Roll 2 oz<br/>Sliced Pears ½ c</p> <p style="text-align: center;">ALT=CBG      RB</p> | <p>22</p> <p style="text-align: center;">*Chicken Cordon Bleu 6 oz<br/>*Mashed Potatoes ½ c<br/>Harvard Beets ½ c<br/>2 Whole Grain White<br/>Sliced Peaches ½ c</p> <p style="text-align: center;">ALT=CBG      RB</p>               |
| <p>30</p> <p style="text-align: center;">*BBQ Rib Patty 3 oz<br/>*Sweet Potatoes ½ c<br/>Cape Cod Blend ½ c<br/>2 Whole Grain Wheat<br/>Apricots ½ c</p> <p style="text-align: center;">ALT=CS      T</p>   |   | <p style="text-align: center;">Choice of 1% Milk or<br/>Buttermilk</p>  | <p style="text-align: center;">Menu Approved By:<br/><br/><i>Jill Riffle MS, RDN, LD</i></p>  | <p style="text-align: center;">*take temperature of Milk<br/>and all food proceeded by<br/>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

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast



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