

# November 2012 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Birthday Cake of the Month:</p> <p>Carrot Cake with Cream Cheese Icing</p>	<p>Menu Written By : Carolynn Scott</p> <p>Menu Approved By: Janice M. Davis MS, RD, LD</p> 	<p>1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food preceded by an asterisk</p>	<p>1</p> <p>* Hamburger 3 oz *Provolone Cheese Slice ½ oz Mustard/Ketchup 1PC each Seasoned Wedge Potatoes ½ c Baby Carrots ½ c Whole Grain Bun Pineapple Chunks ½ c</p> <p>TR</p>	<p>2</p> <p>*Rosemary Rub Pork Roast 3 oz *Gravy 2 oz *Couscous ½ c Butternut Squash ½ c Whole Grain Rye Ambrosia 2/3 c T</p>
<p>5</p> <p>*BBQ Beef 4 oz Whole Grain Bun Harvard Beets ½ c Broccoli ½ c Applesauce ½ c Raisins Small Box TR</p>	<p>6</p> <p>*Chicken Parmesan Qtr 3 oz *Penne Pasta ½ c w/Tomato Basil 2 oz Mixed Vegetables 2/3 c Whole Grain Dinner Roll Fresh Pear RB</p>	<p>7</p> <p>*Swiss Steak 3 oz w/ Gravy 2 oz *Mashed Potatoes ½ c Brussel Sprouts ½ c 2 Slices Whole Grain Wheat Banana T</p>	<p>8</p> <p>*Turkey 3 oz /Gravy 2 oz *Brown Rice ½ c Santa Fe Blend ½ c Green Peas ½ c Whole Grain Dinner Roll Apricots ½ c RB</p>	<p>9</p> <p>*Chili 8 oz Whole Grain Crackers (4-6) Green Beans ½ c Corn ½ c Fruit Cocktail ½ c Vanilla Wafers 5 T</p>
<p>12</p> <p><b>Veteran's Day</b></p> <p><b>Site Closed</b></p>	<p>13</p> <p>*Beef &amp; Macaroni Goulash 8 oz Green Beans ½ c Whole Grain Wheat * Fruit Yogurt 4 oz Pineapple Chunks ½ c TR <b>BIRTHDAY CAKE</b></p>	<p>14</p> <p>*Roast Beef 3 oz &amp; Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables 2/3 c Whole Grain White Fresh Pear <b>BIRTHDAY CAKE</b> T</p>	<p>15</p> <p>*Oven Baked Chick 3 oz/*Gravy 2oz *Stuffing ½ c Spinach 4 oz/ Lemon 1 PC Harvard Beets ½ c Whole Grain White Mandarin Oranges 2/3 c RB <b>BIRTHDAY CAKE</b></p>	<p>16</p> <p>*Pork Chop 3 oz *Scalloped Potatoes ½ c Cape Cod Blend ½ c Whole Grain Wheat Golden Delicious Apple TR</p>
<p>19</p> <p>*Breaded Fish 3 oz Tartar Sauce 1 PC *Seasoned Wedge Potatoes 2/3c Spinach ½ c/Lemon Juice 1 PC Whole Grain Wheat Tangerine RB</p>	<p>20</p> <p>*Sloppy Joe 4 oz Baby Carrots ½ c *Pinto Beans ½ c Whole Grain Bun Sliced Peaches ½ c T</p>	<p>21</p> <p>*Roasted Turkey 3 oz *Mashed Potatoes ½ c *Gravy 2 oz Cranberry Sauce 1 PC Green Beans ½ c Whole Grain Dinner Roll Pumpkin Pie 2 oz slice RB</p>	<p>22</p> <p><b>HAPPY THANKSGIVING</b></p> <p><b>Site Closed</b></p>	<p>23</p> <p>*Meatloaf 4 oz *Gravy 2 oz *Mashed Potatoes Peas &amp; Carrots ½ c 2 Whole Grain White Mandarin Oranges ½ c <b>BIRTHDAY CAKE</b> T</p>
<p>26</p> <p>*Hawaiian Pork 3 oz *Brown Rice ½ c Oriental Vegetables ½ c Whole Grain Rye Grape Juice 4 oz Apricots ½ c T</p>	<p>27</p> <p>*Stuffed Cabbage 6 oz *Mashed Potatoes ½ c Mixed Vegetables 2/3 c 2 Whole Grain Wheat Tropical Fruit ½ c TR</p>	<p>28</p> <p>*Beef Stew 8 oz Parsley Potatoes ½ c Sweet &amp; Sour Cabbage ½ c 2 Whole Grain White Applesauce ½ c T</p>	<p>29</p> <p>*Lemon Glazed Chicken Qtr 3 oz *Brown Rice Pilaf ½ c Broccoli ½ c Whole Grain White Sliced Peaches ½ c Banana RB</p>	<p>30</p> <p>*Meatballs 3-1oz *Spaghetti ½ c w/ Tomato Sauce Parmesan Cheese 1 PC Green Beans 2/3 c Whole Grain Dinner Roll Orange Juice 4 oz Sliced Pears ½ c TR</p>

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day. "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef  
Western Reserve Area Agency on Aging 2012