

December 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Breaded Fish 4 oz/ Tartar 1PC *Brown Rice ½ c *Scalloped Potatoes ½ c *Cauliflower ½ c W.G. Dinner Roll 1 oz Sliced Pears ½ c ALT=CS RB	3 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Broccoli ½ c Red Cabbage ½ c Whole Grain White Banana ALT=CBG TR	4 Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Red Peppers and Onions ½ c *Broccoli ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG T	5 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c *Harvard Beets ½ c WG Dinner Roll 2 oz Scalloped Apples ½ c ALT=CBG RB	6 *Tomato Basil Chicken 3 oz *WG Penne ½ c Sauce 2 oz *Mixed Vegetables ½ c Green Beans ½ c Whole Grain White Orange ALT=CBG TR
9 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c Whole Grain White Sliced Pears ½ c ALT-CS RB	10 *Beef Ravioli 8 oz Cereal bar, 1 oz *Green Beans, ½ c *Corn, ½ c Fruit Cocktail, ½ c Vanilla Wafers, 1 oz ALT=CBG TR	11 *Rosemary Pork Loin 3 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Cinnamon Applesauce ½ c ALT=CBG T	12 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Sautéed Swiss Chard ½ c *Buttered Baby Carrots Mini Corn Muffin 1 oz Peaches ½ c ALT=CBG RB	13 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana ALT=CBG TR
16 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Wheat Biscuit 2 oz Tropical Fruit ½ c ALT=CS TR	17 *Cold Sliced Turkey 3 oz Mayo 1 PC *Tomato Cuke Onion Salad ½ c *Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c ALT=CBG RB	18 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *WG Spiral Pasta ½ c *Green Beans ½ c *Capri Blend ½ c W. G. Breadstick 1 oz Sliced Peaches ½ c ALT=CBG RB	19 *Hamburger 3 oz Ketchup 2 PC *Broasted Potatoes ½ c Baked Beans ½ c Whole Grain Bun Apricots ½ c ALT=CBG T	20 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Orange ALT=CBG T
23 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Buttered Sliced Carrots ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CS TR	24 *Roasted Turkey Breast 3 oz *Gravy 2 oz / *Stuffing ½ c *Butternut Squash ½ c *Green Beans ½ Whole Grain Dinner Roll 2oz Scalloped Apples ½ c ALT=CBG T	25 Christmas Day Sites Closed	26 *Beef Stew 8 oz 3 Bean Salad ½ c *Brussels Sprouts ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Mandarin Oranges ½ c ALT=CBG RB	27 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CBG RB
30 *Sloppy Joe 4 oz *Sweet Potatoes ½ c *Cape Cod Blend ½ c WG Hamburger Bun Apricots ½ c ALT=CS T	31 *Breaded Fish 3 oz *Rice Pilaf ½ c *Glazed Carrots ½ c Spinach ½ / Vinegar 1 PC Whole Grain Wheat Red grapes 1 c ALT=CBG TR	Choice of 1% Milk or Buttermilk	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	*=take temperature of Milk and all food proceeded by an asterisk

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