

July 2024 WRAAA MENU

Call 330-723-9514 to cancel meal



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sauteed Swiss Chard ½ c W.G. Corn Muffin 1 oz Peaches ½ c ALT=CF V	4 Closed Happy Fourth of July!	5 Hot Dog *Roasted Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Pears ½ c ALT-CF T
8	9	10 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Mushrooms ½ c *Lima Beans ½ c 2 Whole Grain Wheat Banana ALT=CF RB	11	12 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Orange ALT=CF TR
15	16	17 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c W.G. Cereal Bar 1 oz Mandarin Oranges ½ c ALT=CF T	18	19 Chicken Salad On a Croissant *Seasoned Potato Wedges ½ c *Green Beans ½ c Whole Grain Bun 2 oz Fresh Grapes 1 c ALT=CF RB
22	23	24 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pineapple Chunks ½ c ALT-CF TR	25	26 *Chicken Parmesan Patty 3 oz. W. Pesto Sauce ½ c *Antigua Blend ½ c *Cape Cod Blend ½ c WG Bun 2 oz Pears ½ c ALT=CF T
29	30	31 *Chicken and Gravy 3 oz W.G. Biscuit 2oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Pineapple chunks ½ c ALT=CF V	Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice *=take temperature of Milk and all food preceded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>

Menu Subject to Change

Western Reserve Area Agency on Aging - 2024

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
 ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese