

July 2024 WRAAA MENU

Call 330-723-9514 to cancel meal



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Potato Salad ½ c 2 Whole Grain Seedless Rye Grape Juice 4 oz ALT=CBG T	3	4 Closed Happy Fourth of July!	5
8	9 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBG T	10	11 * Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Carrots ½ c Fresh Plum ALT=CBG V	12
15	16 *Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pineapple chunks ½ c ALT=CBG RB	17	18 *Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Peas ½ c *Cauliflower ½ c Applesauce ½ c ALT=CBG TR	19
22	23 *Chicken Alfredo 3 oz W.G. *Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Sliced Peaches ½ c ALT=CBG RB	24	25 *Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT=CBG RB	26
29	30 *Hot Dog *Spinach ½ c *Beets ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT=CBG T	31	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>

*You must be checked in and present by 11:25

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