

# October 2024 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>1</p> <ul style="list-style-type: none"> <li>*Salisbury Steak 3 oz</li> <li>*Gravy 2 oz</li> <li>*Mashed Potatoes ½ c</li> <li>Green Peas ½ c</li> <li>2 Whole Grain Wheat</li> <li>Pears ½ c</li> </ul> <p>ALT=CBG C</p>	<p>2</p> <ul style="list-style-type: none"> <li>*Hawaiian Chicken 3 oz</li> <li>*Rice Pilaf ½ c</li> <li>*Japanese Vegetables ½ c</li> <li>*Peppers and Onions ½ c</li> <li>W.G. Vanilla Wafers 1 oz</li> <li>Tropical Fruit ½ c</li> </ul> <p>ALT=CF RB</p>	<p>3</p> <ul style="list-style-type: none"> <li>*Beef Sloppy Joe 4 oz</li> <li>*Oven Roasted Potatoes 4 oz</li> <li>*Broccoli ½ c</li> <li>W.G. Hamburger Bun 2 oz</li> <li>Fresh Plum</li> </ul> <p>ALT=CBG T</p>	<p>4</p> <ul style="list-style-type: none"> <li>*Baked Chicken Breast 3 oz w/ Gravy 2 oz</li> <li>*Cheesy Potatoes ½ c</li> <li>*Sautéed Spinach ½ c w/ Lemon 1 PC</li> <li>Whole Grain Biscuit 2 oz</li> <li>Mandarin Oranges ½ c</li> </ul> <p>ALT=CF RB</p>
<p>7</p> <ul style="list-style-type: none"> <li>*Chicken stuffed with Broccoli 6 oz</li> <li>*Mashed Potatoes ½ c</li> <li>*Gravy 2 oz</li> <li>*Beets ½ c</li> <li>2 Whole Grain White</li> <li>Sliced Peaches ½ c</li> </ul> <p>ALT=CS RB</p>	<p>8</p> <ul style="list-style-type: none"> <li>*Sliced Ham 3 oz w/ Pineapple Glaze</li> <li>*Scalloped Potatoes ½ c</li> <li>*Green Peas ½ c</li> <li>2 Whole Grain White</li> <li>Applesauce ½ c</li> </ul> <p>ALT=CS RB</p>	<p>9</p> <ul style="list-style-type: none"> <li>*Breaded Fish 3 oz</li> <li>*Brown Rice Pilaf ½ c</li> <li>*Capri Blend ½ c</li> <li>*Carrots ½ c</li> <li>W.G. Dinner Roll 1 oz</li> <li>Orange</li> </ul> <p>ALT=CF T</p>	<p>10</p> <ul style="list-style-type: none"> <li>*Beef Stew 8 oz</li> <li>*Brussel Sprouts ½ c</li> <li>W.G. Dinner Roll 2 oz</li> <li>Apricots ½ c</li> <li>Apple Juice ½ c</li> </ul> <p>ALT=CBG RB</p>	<p>11</p> <ul style="list-style-type: none"> <li>*Stuffed Pepper 6 oz w/ *2 oz Sauce</li> <li>*Mashed Potatoes ½ c</li> <li>*Mixed Vegetables ½ c</li> <li>W.G. Biscuit 2 oz</li> <li>Red Grapes 1 c</li> </ul> <p>ALT=CF TR</p>
<p>14</p> <p><b>Indigenous People's Day</b></p> <p><b>Site Closed</b></p>	<p>15</p> <ul style="list-style-type: none"> <li>*BBQ Chicken</li> <li>*W.G. Macaroni and Cheese ½ c</li> <li>*Baked Beans ½ c</li> <li>*Sautéed Spinach ½ c w/ Lemon 1 PC</li> <li>W.G. Corn Muffin 1 oz</li> <li>Sliced Peaches ½ c</li> </ul> <p>ALT=CBG TR</p>	<p>16</p> <ul style="list-style-type: none"> <li>*Stuffed Cabbage 6 oz</li> <li>*Mashed Potatoes ½ c</li> <li>*Tomato Sauce 2 oz</li> <li>*Antigua Blend Vegetables ½ c</li> <li>2 Whole Grain Wheat</li> <li>Tropical Fruit ½ c</li> </ul> <p>ALT=CF T</p>	<p>17</p> <ul style="list-style-type: none"> <li>*Breaded Fish 3 oz, Tartar Sce 1 PC</li> <li>*Seasoned Potato Wedges ½ c</li> <li>*Lima Beans ½ c</li> <li>W.G. Hamburger Bun</li> <li>Banana</li> </ul> <p>ALT=CBG RB</p>	<p>18</p> <ul style="list-style-type: none"> <li>*Roasted Turkey Breast 3 oz</li> <li>*Gravy 2 oz w/W.G. Stuffing ½ c</li> <li>*Mashed Potatoes ½ c</li> <li>*Green Beans ½ c</li> <li>W.G. White</li> <li>Mandarin Oranges ½ c</li> </ul> <p>ALT=CF TR</p>
<p>21</p> <ul style="list-style-type: none"> <li>*Baked Chicken Breast 3 oz</li> <li>*Gravy 2 oz</li> <li>*Key Largo Vegetables ½ c</li> <li>*Scalloped Potatoes ½ c</li> <li>W.G. Biscuit 2 oz</li> <li>Pears ½ c</li> </ul> <p>ALT=CS RB</p>	<p>22</p> <ul style="list-style-type: none"> <li>*Meatball Sub 3 – 1 oz W.G. Bun</li> <li>*Marinara Sauce 2 oz</li> <li>*Zucchini ½ c</li> <li>*Carrot coins ½ c</li> <li>Applesauce ½ c</li> </ul> <p>ALT=CBG TR</p>	<p>23</p> <ul style="list-style-type: none"> <li>*Chicken Cacciatore 3 oz</li> <li>*WG Pasta ½ c w/ *Sauce 2 oz</li> <li>*Mixed Vegetables ½ c</li> <li>*California Blend ½ c</li> <li>Whole Grain Wheat</li> <li>Banana</li> </ul> <p>ALT=CF RB</p>	<p>24</p> <ul style="list-style-type: none"> <li>*Chicken 3 oz, Gravy 2 oz</li> <li>*Brown Rice ½ c</li> <li>*Carrot Coins ½ c</li> <li>*Spinach ½ c w/ Lemon 1 PC</li> <li>Whole Grain Wheat</li> <li>Tropical Fruit ½ c</li> </ul> <p>ALT=CBG T</p>	<p>25</p> <ul style="list-style-type: none"> <li>*Chicken Alfredo 4 oz</li> <li>*W.G. Pasta ½ c</li> <li>*Broccoli ½ c</li> <li>*Cauliflower ½ c</li> <li>Whole Grain White</li> <li>Mixed Fruit ½ c</li> </ul> <p>ALT=CF RB</p>
<p>28</p> <ul style="list-style-type: none"> <li>*Hamburger 3 oz</li> <li>Ketchup 2 PC</li> <li>*Seasoned Potato Wedges ½ c</li> <li>*Baked Beans ½ c</li> <li>Whole Grain Bun</li> <li>Sliced Pears ½ c</li> </ul> <p>ALT=CS TR</p>	<p>29</p> <ul style="list-style-type: none"> <li>*Breaded Chicken Breast 3 oz</li> <li>Mayo 1 PC</li> <li>*Cauliflower ½ c</li> <li>*Zucchini ½ c</li> <li>W.G. Bun 2 oz</li> <li>Apricots ½ c</li> </ul> <p>ALT=CBG RB</p>	<p>30</p> <ul style="list-style-type: none"> <li>*Beef Meatloaf 3 oz</li> <li>*Gravy 2 oz</li> <li>*Mashed Potatoes ½ c</li> <li>*Green Beans ½ c</li> <li>W.G. Dinner Roll 2 oz</li> <li>Orange</li> </ul> <p>ALT=CF TR</p>	<p>31</p> <ul style="list-style-type: none"> <li>2-2 oz *Stuffed Shells</li> <li>*w/Sauce 2 oz *Corn ½ c</li> <li>*Lima Beans ½ c</li> <li>2 Whole Grain Wheat</li> <li>Applesauce ½ c</li> </ul> <p>ALT=CBG RB</p>	<p>*=take temperature of Milk and all food preceded by an asterisk</p> <p>Choice of 1% Milk, Buttermilk, or Calcium fortified Juice</p>

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