

July WRAAA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <ul style="list-style-type: none"> *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Grape Juice 4 oz <p>ALT=CS TR</p>	<p>4</p> <p style="text-align: center;">Closed</p> <p style="text-align: center;">Happy Fourth of July!</p>	<p>5</p> <ul style="list-style-type: none"> *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c <p>ALT=CBG C</p>	<p>6</p> <ul style="list-style-type: none"> Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Potato Salad ½ c 2 Whole Grain Seedless Rye Applesauce ½ c <p>ALT=CF RB</p>	<p>7</p> <ul style="list-style-type: none"> *Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pears ½ c <p>ALT=CBG T</p>
<p>10</p> <ul style="list-style-type: none"> *Steak Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend 1/2 c Whole Grain Wheat Mandarin Oranges ½ c Apple Juice ½ c <p>ALT=CS TR</p>	<p>11</p> <ul style="list-style-type: none"> *Chicken and Gravy 3 oz W.G. Biscuit, 2oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Mandarin Oranges ½ c <p>ALT=CBG C</p>	<p>12</p> <ul style="list-style-type: none"> * Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Carrots ½ c Banana <p>ALT=CBG T</p>	<p>13</p> <ul style="list-style-type: none"> *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c <p>ALT=CBG RB</p>	<p>14</p> <ul style="list-style-type: none"> *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Fresh Grapes, 1 c <p>ALT=CBG T</p>
<p>17</p> <ul style="list-style-type: none"> 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Mushrooms ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c <p>ALT=CS RB</p>	<p>18</p> <ul style="list-style-type: none"> *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Buttered Sliced Carrots ½ c *Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz <p>ALT=CBG C</p>	<p>19</p> <ul style="list-style-type: none"> *Roasted Turkey Breast 3 oz *Gravy 2 oz, WG Stuffing ½ c *Sweet Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Cranberry Juice 4 oz <p>ALT=CBG T</p>	<p>20</p> <ul style="list-style-type: none"> *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *California Blend ½ c W.G. Dinner Roll 2 oz Apricots ½ c <p>ALT=CBG TR</p>	<p>21</p> <ul style="list-style-type: none"> *Breaded Fish 3 oz Tartar Sauce 1 PC *Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Fresh Grapes 1 c <p>ALT=CBG RB</p>
<p>24</p> <ul style="list-style-type: none"> *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Apricots ½ c <p>ALT=CS TR</p>	<p>25</p> <ul style="list-style-type: none"> *Chicken Alfredo 3 oz W.G. *Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Sliced Peaches ½ c <p>ALT=CBG T</p>	<p>26</p> <ul style="list-style-type: none"> *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Orange <p>ALT=CBG TR</p>	<p>27</p> <ul style="list-style-type: none"> *Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw 1/2 c 2 Whole Grain Wheat Pineapple Chunks ½ c <p>ALT=CBG RB</p>	<p>28</p> <ul style="list-style-type: none"> *Chicken Stuffed w Broccoli 6 oz *Mashed Potatoes ½ c Gravy 2 oz *Harvard Beets ½ c 2 Whole Grain White Fresh Plum <p>ALT=CBG T</p>
<p>31</p> <ul style="list-style-type: none"> *Beef Lasagna 3 oz. *Spinach ½ c *Corn ½ c Whole Grain Dinner Roll, 2 oz Applesauce ½ c <p>ALT=CS TR</p>	<p>Menu Approved By:</p> <p><i>Ann Stahlheber MS, RDN, LD</i></p>		<p>1% Milk, Buttermilk, or Calcium Fortified Juice</p> <p>*=take temperature of Milk and all food preceded by an asterisk.</p>	

Western Reserve Area Agency on Aging - 2023

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