

January 2025 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i>	Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice *=Take Temperature of Milk and all food proceeded by an asterisk	1 New Year's Observed Site Closed	2 *Stuffed Cabbage 4 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain Wheat Sliced Apricots ½ c ALT= CBG T	3 *2(2oz) Stuffed Shells *w/Sauce 2 oz *Spinach ½ c Lemon Juice 1 PC *California Blend ½ c W. G. Garlic Toast 2 oz Sliced Pears ½ c ALT=CF TR
6 * Beef Meatloaf w/Glaze 3 oz *Baked Beans ½ c *Corn w/Red Peppers ½ c Whole Grain Roll, 2 oz Orange ALT=CS V	7 *Breaded Fish 4 oz Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Applesauce ½ c ALT=CBG RB	8 *Salisbury Steak 3 oz w/ *Gravy *Mashed Potatoes ½ c *Peas ½ c 2 W. G. Wheat Diced Peaches ½ c ALT=CF V	9 *Chicken Marsala 3oz *Brown Rice ½ c *Gravy 2 oz *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c ALT=CBG RB	10 *Pineapple Glaze Ham 3 oz *Scalloped Potatoes ½ c *Buttered Carrots ½ c 2 Whole Grain White Banana ALT=CF T
13 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c Ketchup 1 PC * Buttered Beets ½ c Whole Grain Bun 2 oz Tropical Fruit ½ c ALT=CS TR	14 *BBQ Chicken, 3 oz *Macaroni and Cheese ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Peaches ½ c ALT=CBG RB	15 *Vegetable Lasagna 6 oz *California Blend ½ c W. G. Dinner Roll, 2 oz Mixed Fruit ½ c Grape Juice 4 oz ALT=CF RB	16 *Swedish Meatballs 6 oz Sauce 2 oz *Noodles ½ c *Peas ½ c *Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT=CBG V	17 *Chicken Stir Fry, 3 oz *Chicken *Brown Rice ½ c *Kyoto Blend ½ c, *Asian Blend ½ c W.G. White Mandarin Oranges ½ c ATL=CF RB
20 Martin Luther King Day Site Closed	21 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Sliced Pears ½ c ALT=CBG TR	22 *Stuffed Peppers 4 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c ALT=CF T	23 *Roasted Turkey Breast 3 oz *Stuffing ½ c Gravy 2 oz *Butternut Squash ½ c *Mixed Vegetables ½ c Whole Grain White Banana ALT=CBG RB	24 *Sweet & Sour Meatballs 3-1 oz Sauce 2 oz /*Brown Rice ½ c *Oriental Blend Vegetables ½ c *Green Peas ½ c Whole Grain Wheat Grapes 1 c ALT =CF V
27 *Breaded Fish 4 oz Tartar Sce 1 PC *Rice Pilaf ½ c *Corn ½ c *Broccoli ½ c W.G. Wheat Pineapple Tidbits ½ c ALT= CS TR	28 *Hamburger 3 oz Ketchup 2 PC * Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Sliced Pears ½ c ALT= CBG TR	29 *Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz Orange ALT= CF RB	30 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Corn Muffin 2 oz Cinnamon Applesauce ½ c ALT = CBG TR	31 *Breaded Chicken Breast 3 oz Mayo 1 PC *Carrots ½ c *Brussels Sprouts ½ c W.G. Hamburger Bun 2 oz Applesauce ½ c ALT=CF RB

Western Reserve Area Agency on Aging - 2025

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