

Menus

WESTERN RESERVE AREA AGENCY ON AGING OAA NUTRITION PROGRAM 2023 BOX LUNCH MENUS

- MENU #1 2.5 oz Tuna Salad on Whole Grain Wheat Bread (2 slices)
 ½ cup Three Bean Salad
 ½ cup Pineapple Chunks
 1 Cereal Bar
 4 ounce Grape Juice
 8 oz Milk
- MENU #2 2.5 oz Roast Beef on (1 large) Whole Grain Wheat Bun
 w/ Barbeque Sauce
 ½ cup Potato Salad
 4 oz Fruited Low Fat Yogurt
 1 medium Orange
 8 oz Milk
- MENU #3 2.5 oz Turkey on Whole Grain Seedless Rye Bread (2 slices)
 1 PC Mayonnaise
 ½ cup Cole Slaw
 4 oz Orange Juice
 ½ cup Mixed Fruit
 8 oz Milk
- MENU # 4 2 oz Cheese on Whole Grain White Bread
 1 PC mustard
 ½ c Potato Salad
 4 oz Juice
 1 Medium Orange
 4 oz Fruited Yogurt
 8 oz Milk
- MENU #5 2 oz Beef Hot Dog w/Whole Grain Bun
 Ketchup & Mustard
 ½ cup Baked Beans
 4 oz Grape Juice
 ½ cup Mandarin Oranges
 8 oz Milk

Menu #5 will be sent in bulk.

MENUS

**WESTERN RESERVE AREA AGENCY ON AGING
OAA NUTRITION PROGRAM
CONGREGATE MEALS
EMERGENCY FOOD MENU**

8 oz. Beef Ravioli
Cereal Bars 1 oz.
½ cup Green Beans
½ cup Corn
½ cup Fruit Cocktail
5 Vanilla Wafers
1-8 oz. Bottled Water
1-8 oz. serv. Nonfat/skim, dry milk, fortified with Vitamins A and D

SAMPLE

MENUS

**WESTERN RESERVE AREA AGENCY ON AGING
OAA NUTRITION PROGRAM
CONGREGATE MEALS
COLD PLATE MENU**

Monday:

Chicken Salad with Croissant

3 oz White Meat Chicken Salad
½ C Green Pea, Red Pepper and Cheese Salad
½ C Tomato, Cucumber and Onion Salad
2 oz Croissant
½ C Fruit or a whole piece of fruit that is on the Hot Meal Menu
8 oz Milk

Tuesday through Friday:

Chicken Breast/Green Salad

2 oz Chicken Breast (Cut into pieces)
1 C Spring Lettuce Mix
½ C - 3 Cherry Tomatoes plus Shredded Carrots to equal ½ cup.
½ C Fruit or a whole piece of Fruit that is on the Hot Meal Menu
Ranch Dressing Packet
WG Crackers
WG Vanilla Wafers
8 oz Milk

OR

Chef Salad:

1 Hard Boiled Egg, sliced
1 oz Ham Slices
1 oz Cheddar Cheese cubes
1 cup Spring Lettuce Mix
½ c cup Cucumber slices, Grape Tomatoes, Shredded Carrots
½ c Fruit or a whole piece of Fruit that is on the Hot Meal Menu
Ranch Dressing packet
WG breadsticks, 1 oz
Cereal bar, 1 oz
8 oz Milk

Components are shipped separately. Congregate meals will be served on Styrofoam trays like the hot meal. Home delivered meals will be sealed in Oliver trays at the WRAAA site.

MENUS

WESTERN RESERVE AREA AGENCY ON AGING OAA NUTRITION PROGRAM ETHNIC AND RELIGIOUS MENUS

Food Preparers bidding on the Asian, Hispanic and Kosher ethnic and religious meals shall use the menu pattern. Cycle menus for January, April, July and October must be submitted on the "2023 WRAAA Menu Form" with the bid to WRAAA for approval. Create a master menu for the first month of each quarter, January, April, July and October. These menus will become cycle menus for each quarter (i.e. January daily menus shall be written, prepared and served in February and March).

Food Types	Lunch
Meat or meat alternate	2-3 servings
Vegetables or fruits	3 servings
Bread or bread alternate	2 servings
Milk or milk alternate	1 serving
Dessert and baked goods	1 serving (optional)
Fat & spreads	Optional
Accompaniments: (condiments and sauces to complete meal)	Optional