

October WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll, 2 oz Sliced Peaches ½ c ALT=CS TR	3 *Baked Chicken Breast 3 oz w Gravy 2oz *Cheesy Potatoes ½ c *Sautéed Swiss Chard ½ c Whole Grain Biscuit, 2 oz Mandarin Oranges ½ c ALT=CBG RB	4 *Chicken, 3 oz and Dumplings ½ c *Carrot Coins ½ *Spinach ½ c w Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CF C	5 *Beef Sloppy Joe 4 oz *Oven Roasted Potatoes 4 oz *Broccoli ½ c W.G. Hamburger Bun 2 oz Scalloped Apples ½ c ALT=CBG T	6 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *Cauliflower ½ c *Zucchini ½ c W. G. Garlic Toast 2 oz Red Grapes 1 c ALT=CF RB
9 Indigenous People's Day Site Closed	10 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Tropical Fruit ½ c W.G. Vanilla Wafers 1 oz ALT=CS C	11 *Roasted Turkey Breast 3 oz *Gravy 2 oz /WG Stuffing ½ c *Mashed Potatoes ½ c *Green Beans ½ c W.G. White Applesauce ½ c ALT=CBG T	12 *Breaded Fish 3 oz *Brown Rice Pilaf ½ c *Capri Blend 1/2 c *Carrots ½ c W.G. Dinner Roll 1 oz Orange ALT=CF RB	13 *Stuffed Pepper 6 oz w/ *2 oz Sauce *Mashed Potatoes ½ c *Mixed Vegetables ½ c W.G. Biscuit 2 oz Applesauce ½ c ALT=CBG TR
16 *Chicken stuffed with Broccoli 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CS RB	17 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c Green Peas ½ c Whole Grain White Mixed Fruit ½ c ALT=CBG TR	18 *Stuffed Cabbage 6 oz *Noodles ½ c *Tomato Sauce 2 oz *Antigua Blend Vegetables ½ c Spinach ½ c/ Lemon Juice 1 PC Whole Grain Wheat Apricots ½ c ALT=CF T	19 *Chicken Cacciatore 3 oz *WG Pasta ½ c W *Sauce 2 oz. *Mixed Vegetables ½ c California Blend ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG C	20 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Brussels Sprouts ½ c 2 Whole Grain Wheat Mandarin Oranges ALT=CF TR
23 *Roasted Turkey 3 oz *Gravy 2 oz *Butternut Squash ½ c Green Beans ½ c W.G. Biscuit 2 oz Pears ALT=CS RB	24 *Meatball Sub 3 – 1 oz W.G. Sub Bun *Marinara Sauce 2 oz *Zucchini ½ c Applesauce ½ Grape Juice 4 oz ALT=CBG TR	25 *Breaded Fish 4 oz, Tartar Sce 1 PC W.G. Hamburger Bun Green Peas ½ c Harvard Beets ½ c Banana ALT=CF C	26 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c WG Dinner Roll 2 oz Apricots ½ c ALT=CBG T	27 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Banana ALT=CF C
30 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CS C	31 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Applesauce ½ c ALT=CBG RB	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	* =take temperature of Milk and all food proceeded by an asterisk 1% Milk, Buttermilk, or Calcium Fortified Juice	

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