

April 2025 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 *Roasted Turkey 3 oz *Mashed potatoes ½ c w gravy *Green Beans ½ c W.G. Dinner Roll 2 oz Pears ½ c ALT = CBG RB	2 *Meatballs 3-1 oz * WG Spaghetti ½ c w/ Sce 2 oz *California Blend ½ c *Spinach ½ c /1 Lemon PC Whole Grain White Apricots ½ c ALT = CF T	3 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit 2 oz Fresh grapes 1 c ALT = CBG V	4 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Antigua Blend ½ c *Lima Beans ½ c 2 Whole Grain Wheat Orange ALT = CF TR
7 *Chicken Stew 8 oz *California Blend 1/2 c Whole Grain Dinner Roll 2 oz Apple Juice ½ c Applesauce ½ c ALT = CS RB	8 *Hamburger 3 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Mixed Fruit ½ c ALT = CBG T	9 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green Beans ½ c W.G. Corn Muffin 1 oz Peaches ½ c ALT = CF RB	10 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Wheat Bread Banana ALT = CBG TR	11 *Vegetable Lasagna 6 oz. *Carrots ½ c *Green Peas ½ c Whole Grain Wheat Pineapple Chunks ½ c Cereal Bar 1 oz ALT= CF T
14 *Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Dinner Roll 2 oz Pears ½ c ALT = CS RB	15 *Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz Orange ALT = CBG V	16 *Meatballs 3-1 oz W.G. Sub Roll 2 oz *California Blend ½ c Applesauce ½ c Cranberry juice ½ c ALT = CF T	17 *Lemon Piccata Chicken 3 oz *Brown Rice Pilaf ½ c *Bermuda Blend ½ c *Carrots ½ c Whole Grain White Mandarin oranges ½ c ALT = CBG RB	18 *Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Grape juice ½ c ALT = CF TR
21 *Sliced Ham 3 oz w. Pineapple Glaze *Cheesy Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT = CS TR	22 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Carrots ½ c Vanilla Wafers 1 oz Apricots ½ c ALT=CBG RB	23 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Pineapple Chunks ½ c ALT = CF T	24 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun 2 oz Banana ATL = CBG TR	25 *3 oz Corned Beef Mustard 1 PC Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c ALT=CF T
28 *Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain Wheat Peaches ½ c ALT = CS T	29 *Sloppy Joe 3 oz. *Sweet Potatoes ½ c *Corn ½ c Whole Grain Bun 2 oz Fruit Cocktail ½ c ALT = CBG T	30 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Wheat Bread Orange ALT =CF TR	Choice of 1% Milk or Buttermilk, or Calcium fortified Juice *=Take Temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>

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