

# March 2025 WRAAA Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>*Salisbury Steak 3 oz w/ *Gravy 2 oz. *W.G. Noodles ½ c *Green Beans ½ c *Buttered Beets ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CS TR</p>	<p>4</p> <p>*Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Green Peas **W.G. Cereal Bar 1 oz Pineapple ½ c</p> <p>ALT = CBG RB</p>	<p>5</p> <p>*Vegetable Lasagna 6 oz *Carrots ½ c *Succotash ½ c Whole Grain Wheat Pineapple Chunks ½ c W.G. Vanilla Wafers 1 oz.</p> <p>ALT = CF T</p>	<p>6</p> <p>*BBQ Chicken Breast 3 oz *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G Buttermilk Biscuit 2 oz Banana</p> <p>ALT = CBG V</p>	<p>7</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Cole Slaw ½ c *Potato Wedges ½ c W.G. Hamburger Bun Scalloped Apples ½ c</p> <p>ALT = CF TR</p>
<p>10</p> <p>*Breaded Chicken Patty 3 oz Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain bun 2 oz Sliced Pears ½ c</p> <p>ALT = CS V</p>	<p>11</p> <p>*Beef Lasagna 6 oz *Spinach ½ c *Carrots ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c</p> <p>ALT = CBG T</p>	<p>12</p> <p>*Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c Broccoli ½ c Whole Grain wheat Mixed Fruit ½ c</p> <p>ALT = CF RB</p>	<p>13</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz *Sweet Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Cranberry Juice ½ c</p> <p>ALT = CBG TR</p>	<p>14</p> <p>*Cheese Ravioli 6 oz *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz Mandarin Oranges ½ c</p> <p>ALT = CF T</p>
<p>17</p> <p>*3 oz. Corned Beef Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Applesauce ½ c</p> <p>ALT = CS RB</p>	<p>18</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c W.G. Corn Bread 2 oz Pears ½ c</p> <p>ALT = CBG TR</p>	<p>19</p> <p>*Lemon Gravy 2 oz/ Chicken 3 oz *Brown Rice ½ c Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Orange</p> <p>ALT = CF V</p>	<p>20</p> <p>*Swedish Meatballs 3-1 oz w/Gravy 2 oz./ *Noodles ½ c *California Blend ½ c Sautéed Mushrooms ½ c Whole Grain White Sliced Peaches ½ c</p> <p>ALT = CBG T</p>	<p>21</p> <p>2-2 oz. Stuffed Shells w/ Sauce 2 oz. *Spinach ½ c/1 PC Lemon Juice *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Sliced Pears ½ c</p> <p>ALT=CF TR</p>
<p>24</p> <p>*Beef Sloppy Joe 4 oz *Cauliflower ½ c *Buttered Beets ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT = CS TR</p>	<p>25</p> <p>*Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c, Zucchini ½ c Dinner Roll 1 oz Pears ½ c</p> <p>ALT = CBG RB</p>	<p>26</p> <p>*Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Key Largo ½ c W. G. Dinner Roll 2 oz Banana</p> <p>ALT = CF T</p>	<p>27</p> <p>*Beef Meatloaf w/ Ketchup Glaze 3 oz *Mashed Potatoes ½ c/ 2 oz gravy *Broccoli ½ c 2 Whole Grain White Chunky Applesauce ½ c</p> <p>ALT = CBG V</p>	<p>28</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Green Peas ½ c *Potato Wedges ½ c W.G. Hamburger Bun Grapes 1 c</p> <p>ALT = CF TR</p>
<p>31</p> <p>*Stuffed Pepper 6 oz w/Sauce 2 oz. *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Mandarin Oranges ½ c</p> <p>ALT = CS TR</p>		<p style="text-align: center;"><b>Menu Approved by:</b> <i>Ann Stahlheber, MS, RDN, LD</i></p>	<p style="text-align: center;">Choice of : 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 - 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

Any questions regarding your delivery or food please call 440-233-8767 ext. 2

To heat, place in microwave oven for 3 minutes or in conventional oven at 350 for 15 Minutes with top vented.