

May 2025 WRAAA MENU

Any questions regarding your delivery or food please call 440-233-8768 ext. 2

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice *=Take Temperature of Milk and all food preceded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>		1 *Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Banana ALT = CBG V	2 *BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G. Buttermilk Biscuit 2 oz Mandarin Oranges ½ c ALT = CF RB
5 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *Corn ½ c 2 Whole Grain White Pears ½ c ALT = CS TR	6 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT = CBG T	7 *Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Carrot Coins ½ c 1 Whole Grain White Cranberry Juice ½ c ALT = CF RB	8 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Bermuda Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c ALT = CBG TR	9 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun 2 oz Fresh Fruit Salad 1 c ALT = CF RB
12 *Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Mixed Vegetables ½ c Apricots ½ c Apple Juice ½ c ALT = CS TR	13 Rueben with *Turkey 2oz *Swiss Cheese, 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Tom., Cuc., Onion Salad ½ c 2 Whole Grain Rye Mandarin Oranges ½ c ALT=CBG RB	14 *Swedish Meatballs 3-1 oz w/ *Gravy 2 oz, *Noodles ½ c *Peas ½ c *Mushrooms ½ c 1 Whole Wheat Bread Orange ALT = CF T	15 *Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *California Blend ½ c 2 Whole Grain White Tropical Fruit ½ c ALT= CBG TR	16 *Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Fresh Grapes 1 c ALT = CF RB
19 *Sloppy Joe 3 oz *Sweet Potatoes ½ c *Broccoli ½ c Whole Grain Bun 2 oz Sliced Apricots ½ c ALT = CS TR	20 * Chicken Parmesan Patty 3 oz *W.G. Pasta W. Pesto Sauce ½ c *Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Applesauce ½ c ALT = CBG RB	21 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll Pears ½ c ALT = CF T	22 * Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange ALT = CBG RB	23 *Hamburger 3 oz *Seasoned Potato Wedges ½ c *Green Peas ½ c 1 Whole Grain Rye Banana Oatmeal Cookie 1 oz ALT = CF TR
26 Memorial Day Site Closed	27 . *Stuffed Shells 2-2 oz *w/Sauce 2 oz *Zucchini ½ c, *Glazed Carrots ½ c 2 Whole Grain Wheat Mixed Fruit ½ c ALT = CS RB	28 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Wheat Bread Peaches ½ c ALT = CF TR	29 *Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c *Spinach ½ c/ 1 Lemon PC W.G. Dinner Roll, 2 oz Applesauce ½ c ALT = CBG T	30 * Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Peaches 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

To heat, place in microwave oven for 3 minutes or conventional oven at 350 for 15 minutes with the top vented internal temperature should be 165 degrees.