

SEPTEMBER 2025 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By:</p> <p><i>Ann Stahlheber MS, RDN, LD</i></p>	<p>1</p> <p>*Breaded Chicken Patty 3 oz Mayo 1 PC *Capri Blend ½ c *Green Beans ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT=CBG T</p>	<p>2</p> <p>*Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain bun Pineapple Chunks ½ c</p> <p>ALT=CF TR</p>	<p>3</p> <p>*Roasted Turkey Breast 3 oz Gravy 2 oz, Bread Stuffing ½ c *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll Cranberry Juice 4 oz</p> <p>ALT=CBG RB</p>	<p>4</p> <p>2-2 oz *Manicotti *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Orange</p> <p>ALT=CF TR</p>
<p>7</p> <p>Labor Day</p> <p>Site Closed</p>	<p>8</p> <p>Chicken stuffed w/ Broccoli 6 oz *Mashed Potatoes ½ c Gravy 2 oz *California Blend ½ c 2 Whole Grain White Apricots ½ c</p> <p>ALT=CS RB</p>	<p>9</p> <p>*Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Buttered Beets ½ c Whole Grain Bun Fresh Grapes 1 c</p> <p>ALT=CF TR</p>	<p>10</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Dinner Roll 2 oz Mixed Fruit ½ c</p> <p>ALT=CBG TR</p>	<p>11</p> <p>*Meatball Sub 3 – 1 oz W.G. Sub Bun/*Marinara Sce 2 oz *Green Beans ½ c *Mushrooms ½ c Banana</p> <p>ALT=CF T</p>
<p>14</p> <p>*Stuffed Cabbage 6 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Whole Grain Wheat Pears ½ c Grape Juice ½ c</p> <p>ALT=CS TR</p>	<p>15</p> <p>*Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c W.G. Cereal Bar 1 oz Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>16</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Peaches ½ c</p> <p>ALT=CF TR</p>	<p>17</p> <p>*Chicken and Gravy 3 oz W.G. Biscuit 2 oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Cranberry Juice 4 oz</p> <p>ALT=CBG RB</p>	<p>18</p> <p>*Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c</p> <p>ALT=CF T</p>
<p>21</p> <p>*Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Carrot Coins ½ c Whole Grain White Sliced Pears ½ c</p> <p>ALT=CS RB</p>	<p>22</p> <p>*Pork Tenderloin 4 oz With Rosemary *Sweet Potatoes ½ c *Brussels Sprouts ½ c 2 W.G. Wheat Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>23</p> <p>*Stuffed Pepper 6 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 W.G. Wheat Fruit Cocktail ½ c</p> <p>ALT=CF T</p>	<p>24</p> <p>*Chicken 3 oz and Dumplings ½ c *Carrot Coins ½ *Spinach ½ c w/ Lemon 1 PC Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT=CBG RB</p>	<p>25</p> <p>*Tuna Salad 3 oz *Tomato Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c</p> <p>ALT=CF RB</p>
<p>28</p> <p>*Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Peas ½ c W.G. Dinner Roll 2 oz Pears ½ c</p> <p>ALT=CS TR</p>	<p>29</p> <p>*BBQ Chicken 3 oz *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin 1 oz Banana</p> <p>ALT=CBG RB</p>	<p>30</p> <p>*Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Green Beans ½ c *Red Cabbage ½ c Whole Grain White Peaches ½ c</p> <p>ALT=CF T</p>	<p>Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice</p>	<p>*=take temperature of Milk and all food proceeded 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

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