October 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: *Ann Stahlheber MS, RDN, LD*	*=take temperature of Milk and all food proceeded by an asterisk Choice of 1% Milk, Buttermilk, or Calcium fortified Juice		1 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Japanese Vegetables ½ c *Peppers and Onions ½ c W.G. Vanilla Wafers 1 oz Tropical Fruit ½ c ALT=CBG T	2 *Beef Sloppy Joe 4 oz *Oven Roasted Potatoes 4 oz *Broccoli ½ c W.G. Hamburger Bun 2 oz Fresh Plum ALT=CF RB
5 *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	6 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Green Peas ½ c 2 Whole Grain White Applesauce ½ c ALT=CBG TR	7 *Breaded Fish 3 oz, Tartar Sce 1 PC *Seasoned Potato Wedges ½ c Ketchup 1 PC *Lima Beans ½ c W.G. Hamburger Bun Banana ALT=CF RB	8 *Meatball Sub 3 – 1 oz W.G. Bun *Marinara Sauce 2 oz *Zucchini ½ c *Carrot Coins ½ c Applesauce ½ c ALT=CBG T	9 *Chicken Cacciatore 3 oz *WG Pasta ½ c w/ *Sauce 2 oz *Peppers and Onions ½ c Whole Grain Wheat Cranberry Juice 4 oz Orange ALT=CF TR
12 **Indigenous People's Day** **Site Closed**	13 *Baked Chicken Breast 3 oz w/ Gravy 2 oz *Cheesy Potatoes ½ c *Sautéed Spinach ½ c w/ Lemon 1 PC Whole Grain Biscuit 2 oz Mandarin Oranges ½ c ALT=CS RB	14 *Stuffed Cabbage 6 oz W.G. Noodles ½ c w *Gravy 2 oz, *Antigua Blend Vegetables ½ c Whole Grain Wheat Tropical Fruit ½ c Cranberry Juice 4 oz ALT=CF T	15 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Orange ALT=CBG TR	16 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Mixed Fruit ½ c ALT=CF RB
19 *Baked Chicken Breast 3 oz *Gravy 2 oz *Key Largo Vegetables ½ c *Scalloped Potatoes ½ c W.G. Biscuit 2 oz Pears ½ c ALT=CS RB	20 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Orange ALT=CBG TR	21 *Chicken Stir Fry 3 oz, *Brown Rice ½ c, Sauce 2 oz *Kyoto Blend ½ c Whole Grain Wheat Tropical Fruit ½ c Grape juice 4 oz ALT-CF RB	22 *Stuffed Pepper 6 oz w/ *2 oz Sauce *Mashed Potatoes ½ c *Mixed Vegetables ½ c W.G. Biscuit 2 oz Red Grapes 1 c ALT=CBG T	23 *Roasted Turkey Breast 3 oz *Gravy 2 oz w/W.G. Stuffing ½ c *Mashed Potatoes ½ c *Green Beans ½ c W.G. White Mandarin Oranges ½ c ALT=CF RB
26 *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 ALT=CS TR	27 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	28 *Beef Stew 8 oz *Brussels Sprouts ½ c W.G. Dinner Roll 2 oz Apricots ½ c Apple Juice ½ c ALT=CF TR	29 *BBQ Chicken *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Spinach ½ c w/ Lemon 1 PC W.G. Corn Muffin 1 oz Sliced Peaches ½ c ALT=CBG RB	30 *Salisbury Steak 3 oz *Gravy 2 oz *Sweet Potatoes ½ c *Mushrooms ½ c 2 Whole Grain Wheat Pears ½ c ALT-CF T

Western Reserve Area Agency on Aging - 2026

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