November 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Stuffed Cabbage w/ Beef 6 oz *Noodles, ½ c w *Gravy, 2 oz *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c Cranberry Juice 4 oz ALT=CS TR	3 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Diced pears ½ c ALT=CBG RB	4 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT = CF TR	5 *Chicken Cordon Bleu 7 oz *Mashed Potatoes ½ c w/ Gravy 2 oz *Mixed Vegetables ½ c 2 Whole Grain White Apricots ½ c ALT=CBG T	6 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c ALT=CF TR
9 *Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Cheesy Potatoes ½ c *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CS RB	10 *Beef Stroganoff 4 oz *Noodles ½ c w/ *Gravy 2 oz *Antigua Blend ½ c Cauliflower ½ c Whole Grain Wheat Pineapple ½ c ALT=CBG TR	11 **Veteran's Day** **Site Closed**	12 *Breaded Fish 3 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Cape Cod Blend ½ c Whole Grain Bun Peaches ½ c ALT=CBG T	13 *Chicken Marsala 3 oz *Brown Rice ½ c *Mushrooms ½ c *Broccoli ½ c Whole Grain Wheat Scalloped Apples ½ c ALT=CF RB
16 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Antigua Blend ½ c Whole Grain Wheat Tropical Fruit ½ c Apple Juice 4 oz ALT=CS RB	17 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Applesauce ½ c ALT=CBG T	18 *Beef Stew 8 oz *Brussels Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Biscuit 2 oz Banana, 1 ea ALT=CF TR	19 *Salisbury Steak 3 oz w/ *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Orange ALT=CBG RB	20 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Spinach ½ c w/ Lemon 1 PC W.G. Corn Muffin 1 oz Sliced Peaches ½ c Grape Juice 4 oz ALT=CF T
23 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CS TR	24 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange ALT=CBG T	25 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz ALT=CF RB	26 **Thanksgiving Day** **Site Closed**	27 *Stuffed Shells 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c ALT=CF RB
30 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Orange ALT-CS TR		Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice *=take temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: *Ann Stahlheber MS, RDN, LD*	

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