December 2026 WRAAA MENU

Western Reserve
Area Agency on Aging

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: *Ann Stahlheber MS, RDN, LD*	1 *Breaded Fish 4 oz Tartar Sce 1 PC *Rice Pilaf ½ c *Antigua Blend ½ c *Brussels Sprouts ½ c W.G. White Sliced Pears ½ c ALT=CBG RB	2 *Chicken Alfredo 4 oz *W.G. Pasta ½ c w/ Sauce 2 oz *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Banana ALT=CF RB	3 *Beef Stir Fry 3 oz *Brown Rice ½ c *Kyoto Blend ½ c * Sautéed Mushrooms ½ c W.G. White Fruited Yogurt 5 oz ALT=CBG TR	4 *Baked Chicken Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Key Largo Vegetables ½ c W.G. Biscuit 2 oz Applesauce ½ c ALT=CF T
7 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Wheat Biscuit 2 oz Tropical Fruit ½ c ALT=CS TR	8 *Beef Ravioli 8 oz *Green Beans ½ c *Corn ½ c Fruit Cocktail ½ c Cereal Car 1 oz Vanilla Wafers 1 oz ALT=CBG T	9 *Tomato Basil Chicken 3 oz *W.G. Pasta ½ c w/ Sauce 2 oz *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Apricots ½ c ALT=CF TR	10 *Swedish Meatballs 3-1 oz *Mashed Potatoes* w/ Gravy 2 oz *Beets ½ c 2 W.G. White Peaches ½ c ALT=CBG T	11 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c Spinach ½ c w/ Vinegar 1 PC *Baked Beans ½ c W.G. Corn Muffin 1 oz Sliced Peaches ½ c ALT=CF RB
14 *Turkey Tetrazzini w/ W.G. Spaghetti ½ c & Turkey 3 oz *Mixed Vegetables ½ c *Cauliflower ½ c Whole Grain White Peaches ½ c ALT=CS RB	15 *Sweet & Sour Pork Loin 4 oz *Brown Rice ½ c *Sautéed Mushrooms ½ c *Carrot Coins ½ c W.G. White Orange ALT=CBG TR	16 *Breaded Chicken Breast 3 oz *W.G. Pasta ½ c, *Tomato Sc. 2 oz *Capri Blend ½ c Spinach ½ c w/ Vinegar 1 PC W. G. Breadstick 1 oz Applesauce ½ c ALT=CF T	17 *Stuffed Cabbage w/ Beef 6 oz *Mashed Potatoes ½ c *Gravy 2 oz W.G. Dinner Roll 2 oz Banana Grape Juice 4 oz ALT=CBG TR	18 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *California Blend ½ c *Green Peas ½ c W.G. Wheat Tropical Fruit ½ c ALT=CF RB
21 *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 RB	22 *Chicken Cordon Bleu 7 oz *Mashed Potatoes ½ c *Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CBG RB	23 *Roasted Turkey Breast 3 oz *Gravy 2 oz w/ *Stuffing ½ c *Butternut Squash ½ c *Green Beans ½ c W.G. Dinner Roll 1 oz Cranberry Juice ½ c ALT=CF RB	24 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Red Grapes 1 c ALT=CBG TR	25 **Holiday** **Sites Closed**
28 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Corn Muffin 2 oz Cinnamon Applesauce ½ c ALT = CS TR	29 * Baked Chicken Breast 4 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c W.G. Dinner Roll 2 oz Diced Pears ½ c ALT=CBG RB	30 *Stuffed Shells 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Red Grapes 1 c ALT=CF T	31 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Orange ALT=BG T	*=take temperature of Milk and all food proceeded by an asterisk Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice

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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