



October 2024 WRAAA MENU

To heat meal place in the microwave for 3 minutes on high or in a Conventional oven at 350* for 15 minutes with the top vented.

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Alex Stahlheber MS, RDN, LD</i>	1 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Pears ½ c	2 FROZEN	3 *Beef Sloppy Joe 4 oz *Oven Roasted Potatoes 4 oz *Broccoli ½ c W.G. Hamburger Bun 2 oz Fresh Plum	4 *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	ALT=CBG		ALT=CBG	ALT=CF
7 *Chicken stuffed with Broccoli 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Beets ½ c 2 Whole Grain White Sliced Peaches ½ c	8 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Green Peas ½ c 2 Whole Grain White Applesauce ½ c	9 FROZEN	10 *Beef Stew 8 oz *Brussel Sprouts ½ c W.G. Dinner Roll 2 oz Apricots ½ c Apple Juice ½ c	11 *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=CS	ALT=CS		ALT=CBG	ALT=CF
14 Indigenous People's Day Site Closed	15 *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	16 FROZEN	17 *Breaded Fish 3 oz, Tartar Sce 1 PC *Seasoned Potato Wedges ½ c *Lima Beans ½ c W.G. Hamburger Bun Banana	18 *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=CS	ALT=CBG		ALT=CBG	ALT=CF
21 *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	22 *Meatball Sub 3 – 1 oz W.G. Bun *Marinara Sauce 2 oz *Zucchini ½ c *Carrot coins ½ c Applesauce ½	23 FROZEN	24 *Chicken 3 oz, Gravy 2 oz *Brown Rice ½ c *Carrot Coins ½ c *Spinach ½ c w/ Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c	25 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Mixed Fruit ½ c
ALT=CS	ALT=CBG		ALT=CBG	ALT=CF
28 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Sliced Pears ½ c	29 *Breaded Chicken Breast 3 oz Mayo 1 PC *Cauliflower ½ c *Zucchini ½ c W.G. Bun 2 oz Apricots ½ c	30 FROZEN	31 2-2 oz *Stuffed Shells *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Applesauce ½ c	* =take temperature of Milk and all food proceeded by an asterisk Choice of 1% Milk, Buttermilk, or Calcium fortified Juice
ALT=CS	ALT=CBG		ALT=CBG	

Any questions regarding your delivery or food allergies call the office at (440) 233*8768 Option 2

Western Reserve Area Agency on Aging - 2024

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