

November 2024 WRAAA MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice *= <i>take temperature of Milk and all food proceeded by an asterisk.</i>	Menu Approved By: <i>Alex Stahlheber MS, RDN, LD</i>			1 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Japanese Blend ½ c *Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CF T
4 *Stuffed Cabbage w/ Beef 6 oz *Mashed Potatoes ½ c 2 oz Marinara Sauce *Buttered Beets ½ c 2 Whole Grain White Mixed Fruit ½ c ALT=CS TR	5 *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=CBG T	6 *Beef Stew 8 oz *Brussels Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Biscuit 2 oz Banana, 1 ea ALT = CF RB	7 *Tomato Basil Chicken 3oz *W.G. Pasta ½ c w/ Sce 2 oz *Mixed Vegetables ½ c Breadstick, 1 oz Peaches ½ c Grape Juice 4 oz ALT=CBG V	8 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c ALT=CF T
11 Veteran's Day Site Closed	12 *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	13 *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 Apple Juice 4 oz ALT=CF RB	14 *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 T	15 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c *Broccoli ½ c Whole Grain Wheat Scalloped Apples ½ c ALT=CF V
18 *Beef Stroganoff 4 oz *Noodles ½ c w/ *Gravy 2 oz *Mixed Vegetables ½ c Cauliflower ½ c Whole Grain Wheat Pears ½ c ALT=CS TR	19 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CBG T	20 *Chicken Cordon Bleu 7 oz *Mashed Potatoes ½ c w/ Gravy 2 oz *Green Peas ½ c 2 Whole Grain White Apricots ½ c ALT=CF RB	21 *Breaded Fish 3 oz Tartar Sauce 1 PC *Rice Pilaf ½ c *Cape Cod Blend 1 c Whole Grain Wheat Grapes, 1 c ALT=CBG V	22 *Chicken Stew 8 oz *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c W.G. Biscuit 2 oz Orange ALT=CF RB
25 *Vegetable Lasagna 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c ALT=CS RB	26 *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 TR	27 *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 V	28 Thanksgiving Day Site Closed	29 Site Closed

Any questions regarding your delivery or food allergies, call the office at (440) 233-8768 ext. 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