

July 2023 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>*Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Grape Juice 4 oz</p> <p>ALT=CS TR</p>	<p>4</p> <p>Closed</p> <p>Happy Fourth of July!</p>	<p>5</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c</p> <p>ALT=CBG T</p>	<p>6</p> <p>Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Potato Salad ½ c 2 Whole Grain Seedless Rye Applesauce ½ c</p> <p>ALT=CBG RB</p>	<p>7</p> <p>*Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pears ½ c</p> <p>ALT=CBG T</p>
<p>10</p> <p>*Steak Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend 1/2 c Whole Grain Wheat Mandarin Oranges ½ c Apple Juice ½ c</p> <p>ALT=CS TR</p>	<p>11</p> <p>*Chicken and Gravy 3 oz W.G. Biscuit, 2oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>12</p> <p>* Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Carrots ½ c Banana</p> <p>ALT=CBG T</p>	<p>13</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c</p> <p>ALT=CBG RB</p>	<p>14</p> <p>*Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Fresh Grapes, 1 c</p> <p>ALT=CBG T</p>
<p>17</p> <p>2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Mushrooms ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c</p> <p>ALT=CS RB</p>	<p>18</p> <p>*Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Buttered Sliced Carrots ½ c *Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz</p> <p>ALT=CBG TR</p>	<p>19</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz, WG Stuffing ½ c *Sweet Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Cranberry Juice 4 oz</p> <p>ALT=CBG T</p>	<p>20</p> <p>*Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *California Blend ½ c W.G. Dinner Roll 2 oz Apricots ½ c</p> <p>ALT=CBG TR</p>	<p>21</p> <p>*Breaded Fish 3 oz Tartar Sauce 1 PC *Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Fresh Grapes 1 c</p> <p>ALT=CBG RB</p>
<p>24</p> <p>*Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT=CS TR</p>	<p>25</p> <p>*Chicken Alfredo 3 oz W.G. *Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Sliced Peaches ½ c</p> <p>ALT=CBG T</p>	<p>26</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Orange</p> <p>ALT=CBG TR</p>	<p>27</p> <p>*Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw 1/2 c 2 Whole Grain Wheat Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p>	<p>28</p> <p>*Chicken Stuffed w Broccoli 6 oz *Mashed Potatoes ½ c Gravy 2 oz *Harvard Beets ½ c 2 Whole Grain White Fresh Plum</p> <p>ALT=CBG T</p>
<p>31</p> <p>*Beef Lasagna 3 oz. *Spinach ½ c *Corn ½ c Whole Grain Dinner Roll, 2 oz Applesauce ½ c</p> <p>ALT=CS TR</p>		<p>Menu Approved By: <i>Ann Stablheber MS, RDN, LD</i></p>	<p>Choice of 1% Milk or Buttermilk * =take temperature of Milk and all food preceded by an asterisk.</p>	

Western Reserve Area Agency on Aging - 2023

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast