**October 2020 WRAAA MENU**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Menu Approved By:*Ann Stahlheber MS, RDN, LD* | \*=take temperature of Milk and all food proceeded by an asteriskChoice of 1% Milk or Buttermilk. |  | 1\*Hamburger 3 ozKetchup 2 PC\*Potato Wedges ½ c Spinach ½ c/ Vinegar 1 PC Whole Grain BunBanana | 2\*Roasted Turkey Breast 3 oz \*Gravy 2 oz\*Mashed Potatoes ½ c\*Harvard Beets ½ c 2 Whole Grain RyePineapple Chunks ½ c |
| 5\*Beef Stew 8 oz\*Brussel Sprouts ½ c\*Buttered Sliced Carrots ½ c WG Dinner Roll 2 oz Apricots ½ c | 6 | \*Chicken Alfredo 4 oz\*W.G. Pasta ½ c\*California Blend 1 c Whole Grain White Sliced Pears ½ c | 7 | \*Beef Sloppy Joe 4 oz\*Carrot Coins ½ c\*Green Peas ½ cW.G. Hamburger Bun 2 oz Scalloped Apples ½ c | 8\*Breaded Chicken Breast 3 oz Marinara Sauce 2 oz\*Cauliflower ½ c\*Zucchini ½ cW. G. Breadstick 2 oz Sliced Peaches ½ c | 9\*Tuna Salad 3 oz Spring Mix 1 c.Italian dressing 1 PC Shredded Carrots, Cherry tomatoes,Cucumbers 1 c2 Whole Grain Wheat Orange |
| 12**Columbus Day Site Closed** | 13 | \*Stuffed Pepper 6 oz w/ 2 oz Sauce\*Mashed Potatoes ½ c\*Mixed Vegetables½ cW.G. Biscuit 2 oz Applesauce ½ c | 14 | \*Roasted Turkey 3 oz\*Gravy 2 oz\*Butternut Squash ½ c Green Beans ½ cW.G. Biscuit 2 oz Banana | 15\*Hawaiian Chicken 3 oz\*Rice Pilaf ½ c\*Baby Carrots ½ c Oriental Blend ½ c Whole Grain Wheat Tropical Fruit ½ c | 16 | \*Swedish Meatballs 3-1 oz\*Noodles ½ c/\* w/Gravy 2 oz\*Broccoli ½ c Red Cabbage ½ c Whole Grain WhiteApricots ½ c |
| 19\*Chicken Cordon Bleu 6 oz\*Mashed Potatoes ½ c 2 oz gravy\*Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c | 20\*Sweet & Sour Pork Loin 4 oz\*Rice Pilaf ½ c\*Buttered Sliced Carrots ½ c Green Peas ½ c Applesauce ½ cW.G. Vanilla Wafer 1 oz | 21 | \*Cold Sliced Turkey 3 oz Mayo 1 PCThree Bean Salad ½ c Cole Slaw ½ c2 Whole Grain Rye Mandarin Oranges ½ c | 22\*Chicken Cacciatore 3 oz\*WG Pasta ½ c W \*Sauce 2 oz.\*Mixed Vegetables 1 c Whole Grain Wheat Pineapple Chunks ½ c | 23\*Breaded Fish 4 oz Tartar Sauce 1 PC\*Scalloped Potatoes ½ c Spinach ½ c/ Lemon Juice 1 PCW.G. Dinner Roll 2 oz Orange |
| 26\*Stuffed Cabbage 6 oz\*Tomato Sauce 2 oz\*Noodles ½ c\*Antigua Blend Vegetables 1 c Whole Grain WheatApricots ½ c | 27 | \*BBQ Rib Patty 3 oz\*Sweet Potatoes ½ c\*Cape Cod Blend ½ c 2 Whole Grain Wheat Red Grapes 1 c | 28 | \*Beef Meatloaf 3 oz\*Gravy 2 oz\*Mashed Potatoes ½ c\*Green Beans ½ cW.G. Dinner Roll, 2 oz Sliced Peaches ½ c | 29\*Baked Chicken Breast 3 oz w Gravy 2oz\*Cheesy Potatoes ½ c\*Sautéed Swiss Chard ½ c Whole Grain Bun Mandarin Oranges ½ c | 30 | \*Salisbury Steak 3 oz\*Gravy 2 oz\*Mashed Potatoes ½ c Harvard Beets ½ c2 Whole Grain Wheat Grape Juice ½ c |

Western Reserve Area Agency on Aging - 2020

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