**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 asterisk  Choice of 1% Milk or Buttermilk. | |  | | 1  \*Hamburger 3 oz  Ketchup 2 PC  \*Potato Wedges ½ c Spinach ½ c/ Vinegar 1 PC Whole Grain Bun  Banana | 2  \*Roasted Turkey Breast 3 oz \*Gravy 2 oz  \*Mashed Potatoes ½ c  \*Harvard Beets ½ c 2 Whole Grain Rye  Pineapple 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 c  W.G. Hamburger Bun 2 oz Scalloped Apples ½ c | 8  \*Breaded Chicken Breast 3 oz Marinara Sauce 2 oz  \*Cauliflower ½ c  \*Zucchini ½ c  W. 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 c  2 Whole Grain Wheat Orange | |
| 12  **Columbus Day Site Closed** | 13 | \*Stuffed Pepper 6 oz w/ 2 oz Sauce  \*Mashed Potatoes ½ c  \*Mixed Vegetables½ c  W.G. Biscuit 2 oz Applesauce ½ c | 14 | \*Roasted Turkey 3 oz  \*Gravy 2 oz  \*Butternut Squash ½ c Green Beans ½ c  W.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 White  Apricots 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 c  W.G. Vanilla Wafer 1 oz | | 21 | \*Cold Sliced Turkey 3 oz Mayo 1 PC  Three Bean Salad ½ c Cole Slaw ½ c  2 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 PC  W.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 Wheat  Apricots 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 c  W.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 c  2 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