



# April 2020 WRAAA HDM MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Tuesday:</b> Your regular hot meal will be delivered along with <u>2 frozen meals</u>.</p> <p><b>Friday,</b> your regular hot meal will be delivered along with <u>1 frozen meal</u>.</p> <p><b>NO meal delivery Monday, Wednesday or Thursday.</b></p>		1	2	3 *Breaded Fish w Tartar Sc *Rice Pilaf ½ c *Carrot Coins ½ c *Baby Lima Beans ½ c Vanilla Wafers 1 oz Apricots, ½ c
6	7 *Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c *Mushrooms ½ c, *Green Beans ½ c Whole Grain White Fresh orange	8	9	10 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw WG Bun Pears ½
13	14 * Chicken Cacciatore 3 oz *w/ Sauce 2 oz *WG Spaghetti 1 c *Zucchini ½ c, *Green Peas ½ c Pears ½ c	15	16	17 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes *Green Peas ½ c Whole Grain Bun Pineapple Chunks ½ c
20	21 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Harvard Beets ½ c *Green Beans ½ WG Corn Muffin Sliced Peaches	22	23	24 *Meatballs 3-1 oz * WG Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Spinach 1 Lemon PC Fresh Grapes 1 c
27 <p style="text-align: center;">Menu Approved By: Ann Stahlheber MS, DN, LD</p> <p style="text-align: center;">Choice of 1% Milk or Buttermilk</p>	28 *Stuffed Peppers w/Tomato Sauce *Mashed Potatoes ½ c *Green Beans ½ 2 Whole Wheat Bread Applesauce ½ c	29	30 Meal is subject to change without notice. 	

**To cancel call: 330-723-9514**

**Western Reserve Area Agency on Aging – 2020**