

# April 2019

## WRAAA HDM Menu

For Meal Cancellations call:  
(330)723-9514

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes Spinach/1 Lemon PC Whole Grain Bun Sliced Peaches	2 *Chicken Breast Stuffed w/ Broccoli Green Beans ½ c *O'Brien Potatoes 2 Whole Grain White Apricots	3	4 *Roasted Pork Loin 3 oz *Sweet Potatoes Mixed Vegetables 2 Whole Grain Rye Applesauce ½ c	5 *Tuna Boxed lunch
8 *Chicken Alfredo *Sauce 2 oz/ *Noodles Green Peas ½ c Capri Blend Whole Grain Wheat Pineapple Chunks ½	9 *Sliced Ham w/ Pineapple Glaze Scalloped Potatoes ½ c Green Beans 2 Whole Grain White Mixed Fruit	10	11 *Beef Hot Dog 2 oz Mustard & Ketchup 1 PC *Baked Beans ½ c *Seasoned Potato Wedges Whole Grain Bun Banana	12 * Stuffed Shells w/ Sauce Baby Carrots Broccoli Whole Grain Wheat W.G. Vanilla Wafers Applesauce ½ c
15 Roasted Turkey Breast *Brown Rice ½ c *Gravy Harvard Beets Brussel Sprouts ½ c Whole Grain White Mandarin Orange	16 *Beef Meatloaf * Gravy *Mashed Potatoes Mixed Vegetables 2 Whole Grain Wheat Sliced Peaches	17	18 *Spring greens Salad w/ Grilled Chicken	19 *Tuna Boxed lunch
22 * Chicken Cacciatore w/ Sauce 2 *Spaghetti 1 c Corn, Green Peas Sliced Peaches & Pears	23 *Beef Lasagna Green Beans ½ c Buttered Beets Whole Grain Garlic Toast Mixed Fruit	24	25 *Cold Roasted "Sandwich" SI Turkey Breast 3 oz, Mayo 1 PC *Potato Salad ½ c Tomato, Cucumber, and Onion Salad ½ c 2 Whole Grain Rye Mandarin Oranges ½ c	26 *Stuffed Peppers 6 oz w/ Tomato Sauce 2 oz *Mashed Potatoes ½ c Mixed Vegetables 2 Whole Wheat Bread Apricots ½ c
29 *Meatballs 3 *Spaghetti w/ Sauce Green Beans ½ c Spinach w/ Lemon PC Applesauce ½ c	30 *Lemon Pica Chicken Scalloped Potatoes Brussel Sprouts ½ c 2 Whole Grain White Pineapple Chunks	Menu Written By: Carolynn Scott	Menu Approved By: Jill Riffle MS, RDN, LD	Choice of 1% Milk or Buttermilk

Menu is subject to change  
without notice  
Please sign in by 11:25

Western Reserve Area Agency on Aging - 2019  
Medina County Office for Older Adults