

# JUNE 2022 WRAAA MENU

Brunswick

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By:</p> <p><i>Ann Stahlheber MS, RDN, LD</i></p>	<p>*=Take Temperature of Milk and all food preceded by an asterisk</p>	<p>1</p> <p>*Chicken and Gravy 3 oz W.G. Biscuit, 2oz *Brussels Sprouts ½ c *Green Peas ½ c Mandarin Oranges ½ c Cereal Bar, 1 oz</p> <p>ALT=CBG RB</p>	<p>2</p>	<p>3</p> <p>*Chicken Breast Stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Red Cabbage ½ c Whole Grain Dinner Roll 2 oz Apricots ½ c</p> <p>ALT=CBG RB</p>
6	7	<p>8</p> <p>Rueben with 2 oz *Turkey, 1 oz *Swiss Cheese, 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Cucumber Salad ½ c 2 Whole Grain Rye Peaches ½ c</p> <p>ATL= CBG RB</p>	9	<p>10</p> <p>*Sliced Ham 3 oz w. Pineapple Glaze *Scalloped Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun, 2 oz Fresh Grapes 1 c</p> <p>ATL = CBG TR</p>
13	14	<p>15</p> <p>*Roasted Turkey Breast 3 oz *Stuffing ½ c *Gravy 2 oz Mashed Potatoes ½ c Green Beans ½ c 1 Whole Grain White Cranberry Juice 4 oz</p> <p>ATL = CBG RB</p>	16	<p>17</p> <p>*Beef Stew 8 oz *California blend 1/2 c Corn ½ c Whole Grain Dinner Roll 2 oz Fresh Grapes 1 cup</p> <p>ATL = CBG T</p>
20	21	<p>22</p> <p>*Meatballs 3-1 oz *W.G. Spaghetti ½ c w/ Sauce 2 oz Antigua Blend 1 c Garlic Bread, 1 oz Peaches ½ c</p> <p>ATL= CBG T</p>	23	<p>24</p> <p>*Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c</p> <p>ALT = CBG RB</p>
27	28	<p>29</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>ATL=CBG RB</p>	30	<p>Choice of 1% Milk or Buttermilk</p>

Western Reserve Area Agency on Aging - 2022

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

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

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



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Meal Cancellations Call 330-723-9514 or 330 273-8087