

AUGUST 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 *Breaded Fish 4 oz Tartar Sauce 1 PC *Seasoned Potato Wedges ½ c Green Beans ½ c W.G. Bun 2 oz *Scalloped Apples ½ c ALT=CBG RB	4	5 *Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll 2 oz Apricots ½ c ALT=CBG T
8	9	10 *Sliced Ham 3oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Carrots ½ c Whole Grain White Mixed Fruit ½ c ALT=CBG TR	11	12 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Spinach ½ c w Lemon 1 PC *Harvard Beets ½ c Whole Grain Wheat Pineapple Chunks ½ c ALT=CBG T
15	16	17 *Tuna Salad 3 oz *Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CBG RB	18	19 *Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz Mandarin Oranges ½ c ALT=CBG TR
22	23	24 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w Gravy 2oz *Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CBG T	25	26 Boxed Lunch Roast Beef Sandwich No substitutions
29	30	31 *Breaded Chicken Patty 3 oz Mayo 1 PC *Buttered Baby Carrots ½ c *Baked Beans ½ c Whole Grain Bun Pineapple Chunks ½ c ALT=CBG TR	Menu Approved By: <i>Ann Stadelheber MS, RDN, LD</i>	Choice of 1% Milk or Buttermilk *=take temperature of Milk and all food preceded by an asterisk.

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

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

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

