

May 2023 WRAAA MENU-Brunswick Site

Call 330-723-9514 to cancel meal

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Pears ½ c ALT= CBG T	4	5 *Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Grape Juice 4 oz ALT = CBG TR
8	9	10 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 Whole Wheat Bread Peaches ½ c ALT = CBG T	11	12 * Chicken 3 oz.Lemon Gravy 2 oz/ *Brown Rice ½ c *Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Apple Juice ½ c ALT = CBG RB
15	16	17 * Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange ALT = CBG RB	18	19 * BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green Beans ½ c WG Corn Muffin 1 oz Grapes 1 c ALT = CBG TR
22	23	24 * Chicken Stir Fry *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Mandarin Oranges ½ c ALT = CBG RB	25	26 *Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c *Spinach ½ c/ 1 Vinegar PC W.G. Dinner Roll, 2 oz Applesauce ½ c ALT = CBG T
29 Memorial Day Site Closed	30	31 *Swedish Meatballs 3-1 oz w/ *Gravy 2 oz *Noodles ½ c *Green Peas ½ c *Mushrooms ½ c 1 Whole Wheat Bread Orange ALT = CBG TR	Choice of 1% Milk or Buttermilk *Take Temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>

Western Reserve Area Agency on Aging - 2023

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

