

JUNE 2025 WRAAA MENU

To Cancel Call 330-723-9514



Monday	Tuesday	Wednesday	Thursday	Friday
2 *Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Pears ½ c ALT= CS RB	3 *Chicken stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Carrots ½ c Whole Grain Dinner Roll 2 oz Apricots ½c ALT= CBG T	4 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT= CF RB	5 *Sliced Ham 3 oz w. Pineapple Glaze *Cheesy Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun, 2 oz Fresh Grapes 1 c ALT= CBG T	6 Rueben with *Turkey 2oz *Swiss Cheese 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Tom.,Cuc, Onion Salad ½ c 2 Whole Grain Rye Pineapple tidbits ½ c ALT= CF RB
9 *Hamburger 3oz Mustard & Ketchup 1 PC ea. *Baked Beans ½ c *Seasoned Potato Wedges ½ c W.G. Hamburger Bun 2 oz Mandarin Oranges½ c ALT = CS TR	10 *Tomato Basil Chicken 3 oz. w / Sauce 2 oz W.G. Pasta ½ c. *Spinach ½cLemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c ALT= CBG RB	11 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green beans ½ c WholeGrainCorn Muffin 1 oz Mixed Fruit ½ c ALT= CF TR	12 *Sloppy Joe 3oz *Sweet Potatoes ½ c *California Blend½c Whole Grain Dinner Roll 2 oz Banana ALT = CBG RB	13 *Chicken and Gravy 3 oz W.G. Biscuit 2oz *Brussels Sprouts ½ c *Green Peas ½ c Applesauce½ c ALT= CF T
16 *Meatballs-3 1 oz Whole Grain Sub Roll 2 oz Marinara Sauce 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Peaches ½ c ALT = CS TR	17 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT = CBG T	18 *Stuffed Shells 2- 2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mixed Fruit ½ c ALT = CF RB	19 Juneteenth Site Closed	20 *Beef Hot Dog on Bun *Antiqua Blend ½c Whole Grain Garlic Toast 2 oz Oatmeal Cookie 1 oz Mandarin Oranges ½c ALT = CF RB
23 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Wheat Whole Grain Cereal Bar 1 oz Applesauce ½ c ALT = CS T	24 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Fresh Fruit Salad 1 c ALT = CBG RB	25 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Tropical Fruit ½ c ALT=CF RB	26 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Pineapple Chunks ½ c ALT = CBG RB	27 * Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Peaches ½ c ALT=CF RB
30 *Salisbury Steak 3 oz *Gravy 2oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c WholeGrain Dinner Roll Orange ATL=CS TR	*=Take Temperature of Milk and all food proceeded by an asterisk	Choice of: 1% Milk, Buttermilk, or Calcium Fortified Juice	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	

Western Reserve Area Agency on Aging - 2025

Menu Subject to Change

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
 ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

