

AUGUST 2025 WRAAA MENU

330-723-9514 to Cancel



Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice *take temperature of Milk and all food preceded by an asterisk.			1 *Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Mushrooms ½ c *Spinach ½ c w/Lemon PC Fresh Fruit Salad 1 c ALT=CF T
4 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT=CS TR	5 *Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c ALT=CBG RB	6 *Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CF TR	7 *Turkey Tetrazzini 4 oz *Spaghetti ½ c *California Blend ½ c *Zucchini ½ c W.G. Wheat Peaches ½ c ALT=CBG RB	8 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana ALT=CF TR
11 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Grape Juice ½ c ALT=CS TR	12 *Chicken Alfredo 4 oz *W.G. Pasta ½ c w/ 2 oz sauce *Broccoli ½ c, *Cauliflower ½ c W.G. Roll 1 oz Apricots ½ c ALT=CBG V	13 *Tuna Salad 3 oz *Tomato Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CF RB	14 *Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz Mandarin Oranges ½ c ALT=CBG RB	15 *Stuffed Cabbage 6 oz *Mashed Potatoes ½ c *California Blend ½ c *Green Peas ½ c Whole Grain Wheat Fresh Plum ALT=CF TR
18 *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 Pears ½ c ALT=CS TR	19 *Chicken stuffed w/ Broccoli *Mashed Potatoes ½ c *Gravy 2 oz *Brussels Sprouts ½ c 2 Whole Grain White Orange ALT=CBG RB	20 6 oz *Stuffed Pepper 6 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 W.G. Wheat Pineapple Chunks ½ c ALT=CF T	21 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Green Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Bread 2 oz Sliced Peaches ½ c ALT=CBG RB	22 *Roasted Turkey Breast 3 oz *Gravy 2 oz, W.G. Stuffing ½ c *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Wheat Fresh Grapes 1 c ALT=CF RB
25 *Chicken Parmesan 3 oz w/ Sauce 2 oz, W.G. Rotini ½ c *Spinach ½ c w/ Lemon Jc. 1 PC *Bermuda Blend ½ c Whole Grain Wheat Diced Pears ½ c ALT=CS RB	26 *Pork Pattie 3 oz w/ BBQ Sauce *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Whole Grain Bun 2 oz Mandarin Oranges ½ c ALT=CBG RB	27 Rye 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 Fresh Plum ALT=CF RB	28 *3 oz Corned Beef *Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c ALT=CBG T	29 *Breaded Fish 3 oz Tartar Sauce 1 PC, Ketchup 1 PC *Seasoned Potato Wedges ½ c *Green Beans ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT=CF RB

Menu subject to change

Western Reserve Area Agency on Aging - 2025

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