

# May 2026 WRAAA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>	<p><b>Menu Approved By:</b></p> <p><i>Ann Stalkeber MS, RDN, LD</i></p>			<p>1</p> <p>*BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G. Buttermilk Biscuit 2 oz Fresh Orange</p> <p>ALT = CF RB</p>
<p>4</p> <p>*Chicken Marsala 3oz *Brown Rice ½ c *Gravy 2 oz *Mushrooms ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c</p> <p>ALT = CS TR</p>	<p>5</p> <p>*Sloppy Joe 3 oz *Sweet Potatoes ½ c *Broccoli ½ c Whole Grain Bun 2 oz Fresh Plum</p> <p>ALT = CBG T</p>	<p>6</p> <p>*Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Carrot Coins ½ c 1 Whole Grain White Cranberry Juice ½ c</p> <p>ALT = CF RB</p>	<p>7</p> <p>*Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Bermuda Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c</p> <p>ALT = CBG TR</p>	<p>8</p> <p>*Breaded Fish 4 oz w Tartar Sc 1 PC, American Cheese 1 oz Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Fresh Grapes 1 c</p> <p>ALT = CF RB</p>
<p>11</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Mixed Vegetables ½ c Apricots ½ c Apple Juice ½ c</p> <p>ALT = CS TR</p>	<p>12</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *Corn ½ c 2 Whole Grain White Pears ½ c</p> <p>ALT=CBG RB</p>	<p>13</p> <p>*Swedish Meatballs 3-1 oz w/ *Gravy 2 oz, *Noodles ½ c *Peas ½ c *Mushrooms ½ c 1 Whole Wheat Bread Fresh Orange</p> <p>ALT = CF T</p>	<p>14</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *California Blend ½ c 2 Whole Grain White Tropical Fruit ½ c</p> <p>ALT= CBG TR</p>	<p>15</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange</p> <p>ALT = CF RB</p>
<p>18</p> <p>*Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c W.G. Garlic Toast 2 oz Sliced Apricots ½ c</p> <p>ALT = CS TR</p>	<p>19</p> <p>* Chicken Parmesan Patty 3 oz *W.G. Pasta W. Tomato Sauce ½ c *Carrot Coins ½ c *Antigua Blend ½ c Whole Grain White Applesauce ½ c</p> <p>ALT = CBG RB</p>	<p>20</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Pears ½ c</p> <p>ALT = CF T</p>	<p>21</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>	<p>22</p> <p>*Hamburger 3 oz *Seasoned Potato Wedges ½ c Ketchup 1 PC *Green Peas ½ c W.G. Bun 2 oz Banana</p> <p>ALT = CF TR</p>
<p>25</p> <p><b>Memorial Day</b></p> <p><b>Site Closed</b></p>	<p>26</p> <p>*Stuffed Shells 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mixed Fruit ½ c</p> <p>ALT = CS RB</p>	<p>27</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Wheat Bread Peaches ½ c</p> <p>ALT = CF TR</p>	<p>28</p> <p>*Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c *Spinach ½ c/ 1 Lemon PC W.G. Dinner Roll, 2 oz Applesauce ½ c</p> <p>ALT = CBG T</p>	<p>29</p> <p>*Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Banana</p> <p>ALT = CF RB</p>

Western Reserve Area Agency on Aging - 2026

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