

SEPTEMBER 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	1 *Breaded Chicken Patty 3 oz Mayo 1 PC *Capri Blend ½ c *Green Beans ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CBG T	2 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain bun Pineapple Chunks ½ c ALT=CF TR	3 *Roasted Turkey Breast 3 oz Gravy 2 oz, Bread Stuffing ½ c *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll Cranberry Juice 4 oz ALT=CBG RB	4 2-2 oz *Manicotti *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Orange ALT=CF TR
7 Labor Day Site Closed	8 Chicken stuffed w/ Broccoli 6 oz *Mashed Potatoes ½ c Gravy 2 oz *California Blend ½ c 2 Whole Grain White Apricots ½ c ALT=CS RB	9 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Buttered Beets ½ c Whole Grain Bun Fresh Grapes 1 c ALT=CF TR	10 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBG TR	11 *Meatball Sub 3 – 1 oz W.G. Sub Bun/*Marinara Sce 2 oz *Green Beans ½ c *Mushrooms ½ c Banana ALT=CF T
14 *Stuffed Cabbage 6 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Whole Grain Wheat Pears ½ c Grape Juice ½ c ALT=CS TR	15 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c W.G. Cereal Bar 1 oz Mandarin Oranges ½ c ALT=CBG RB	16 *Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Peaches ½ c ALT=CF TR	17 *Chicken and Gravy 3 oz W.G. Biscuit 2 oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Cranberry Juice 4 oz ALT=CBG RB	18 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT=CF T
21 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Carrot Coins ½ c Whole Grain White Sliced Pears ½ c ALT=CS RB	22 *Pork Tenderloin 4 oz With Rosemary *Sweet Potatoes ½ c *Brussels Sprouts ½ c 2 W.G. Wheat Applesauce ½ c ALT=CBG TR	23 *Stuffed Pepper 6 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 W.G. Wheat Fruit Cocktail ½ c ALT=CF T	24 *Chicken 3 oz and Dumplings ½ c *Carrot Coins ½ *Spinach ½ c w/ Lemon 1 PC Whole Grain Wheat Fresh Grapes 1 c ALT=CBG RB	25 *Tuna Salad 3 oz *Tomato Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CF RB
28 *Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Peas ½ c W.G. Dinner Roll 2 oz Pears ½ c ALT=CS TR	29 *BBQ Chicken 3 oz *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sauteed Swiss Chard ½ c W.G. Corn Muffin 1 oz Banana ALT=CBG RB	30 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Green Beans ½ c *Red Cabbage ½ c Whole Grain White Peaches ½ c ALT=CF T	Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice	*=take temperature of Milk and all food proceeded by an asterisk

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

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