

December 2024 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Sliced Pears ½ c ALT-CS T	3 *Beef Ravioli 8 oz *Green Beans ½ c *Corn ½ c Fruit Cocktail ½ c Cereal bar, 1 oz Vanilla Wafers 1 oz ALT=CBG TR	4 *Stuffed Cabbage w/ Beef 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Harvard Beets ½ c W.G. Dinner Roll 2 oz Scalloped Apples ½ c ALT=CF T	5 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c Spinach ½ c w/ Vinegar 1 PC *Baked Beans ½ c W.G. Corn Muffin 1 oz Sliced Peaches ½ c ALT=CBG V	6 *Beef Stir Fry 3 oz *Brown Rice ½ c *Kyoto Blend ½ c *Japanese Blend ½ c W.G. White Mandarin Oranges ½ c ALT=CF TR
9 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Wheat Biscuit 2 oz Tropical Fruit ½ c ALT=CS TR	10 *Breaded Fish 4 oz Tartar Sce 1 PC *Rice Pilaf ½ c *Antigua Blend ½ c *Brussels Sprouts ½ c W.G. White Banana ALT=CBG RB	11 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Orange ALT=CF TR	12 *Tomato Basil Chicken 3 oz *W.G. Pasta ½ c w/ Sauce 2 oz *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Apricots ½ c ALT=CBG T	13 *Baked Chicken Breast 3 oz *Gravy 2 oz *Key Largo Vegetables ½ c Mashed Potatoes ½ c W.G. Biscuit 2 oz Applesauce ½ c ALT=CF RB
16 *Turkey Tetrazzini w/ W.G. Spaghetti ½ c & Turkey 3 oz *Mixed Vegetables ½ c *Cauliflower ½ c Whole Grain White Peaches ½ c ALT=CS TR	17 *Sweet & Sour Pork Loin 4 oz *Brown Rice ½ c *Sautéed Mushrooms ½ c *Beets ½ c W.G. White Orange ALT=CBG RB	18 *Breaded Chicken Breast 3 oz *W.G. Pasta ½ c, *Tomato Sc. 2 oz *Capri Blend ½ c Spinach ½ c w/ Vinegar 1 PC W. G. Breadstick 1 oz Applesauce ½ c ALT=CF TR	19 *Swedish Meatballs 3-1 oz *Mashed Potatoes* w/ Gravy 2 oz *Broccoli ½ c 2 W.G. White Banana ALT=CBG T	20 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *California Blend ½ c *Green Peas ½ c W.G. Wheat Tropical Fruit ½ c ALT=CF V
23 *Breaded Fish 3 oz *Rice Pilaf ½ c *Glazed Carrots ½ c Spinach ½ c w/ Vinegar 1 PC Whole Grain Wheat Applesauce ½ c ALT=CS RB	24 *Roasted Turkey Breast 3 oz *Gravy 2 oz w/ *Stuffing ½ c *Butternut Squash ½ c *Green Beans ½ c W.G. Dinner Roll 1 oz Cranberry Juice ½ c ALT=CBG V	Holiday Sites Closed		27 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Red Grapes 1 c ALT=CF TR
30 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Corn Muffin 2 oz Cinnamon Applesauce ½ c ALT = CS TR	31 * Baked Chicken Breast 4 oz *Gravy 2 oz *Butternut Squash ½ c *Broccoli ½ c W.G. Dinner Roll 2 oz Diced Pears ½ c ALT=CBG V	* =take temperature of Milk and all food preceded by an asterisk Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice		
		Menu Approved By: <i>Ann Stahlhuber-MS, RDN, LD</i>		

Western Reserve Area Agency on Aging - 2024

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