November 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Antigua Blend ½ c Whole Grain White Apricots ½ c Cranberry Juice 4 oz ALT=CS RB	2 *Tomato Basil Chicken 3oz. *W.G. Pasta ½ c w/S 2 oz. *Mixed Vegetables ½ c *Corn w/Red Peppers ½ c Breadstick, 1 oz Peaches ½ c ALT=CBG T	3 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c ALT=CBG TR	4 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB	5 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Fruited yogurt, 6 oz Banana, 1 ea ALT=CBG T
8 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c w 2 oz sauce *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c ALT=CS TR	9 *Salisbury Steak 3 oz w *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Peaches ½ c ALT=CBG T	10 *Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Buttered Beets ½ c, *Broccoli ½ c Whole Grain Bun 2 oz Diced Pears ½ c ALT=CBG RB	11 Lawther Center closed in honor of the Veterans Day Holiday. No WRAAA Congregate or Home Delivered Meals served. No Transportation.	12 *White Chicken Chili 8 oz *Corn w Red Bell Peppers ½ c *Broccoli ½ c Corn Bread, 2 oz Orange, 1 ea ALT = CBG RB
15 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CS T	16 *Meatballs 3-1oz *Spaghetti 1/2c w/ Tomato Sauce *Green Beans ½ c Cauliflower ½ c Whole Grain Wheat Banana, 1 ea ALT=CBG TR	17 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c Spinach ½ c w Lemon 1PC WG Corn Muffin 1 oz Sliced Peaches ½ c Apple Juice 4 oz ALT=CBG RB	18 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Grapes, 1 c ALT=CBG T	19 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c Broccoli ½ c Whole Grain wheat Scalloped Apples ½ c ALT=CBG RB
22 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Cauliflower ½ c Whole Grain Wheat Pears ½ c ALT=CS TR	23 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CBG T	24 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice ½ c ALT=CBG RB	25 Lawther Center closed in honor of the Thanksgiving Day Holiday No WRAAA Congregate or Home Delivered Meals served. No Transportation.	26 Lawther Center closed in honor of the Thanksgiving Day Holiday No WRAAA Congregate or Home Delivered Meals served. No Transportation.
29 *Vegetable Lasagna, 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c ALT=CS RB	30 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange ALT=CBG TR	Choice of 1% Milk Or Buttermilk	*=take temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: Ann Stahlheber MS, RDN, LD

Western Reserve Area Agency on Aging - 2021

Note: Box Lunch Default Menu choice is shown in the right-hand corner of each day.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

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