

July 2025 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice *=take temperature of Milk and all food proceeded by an asterisk.	1 Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Potato Salad ½ c 2 Whole Grain Seedless Rye Grape Juice 4 oz ALT=CBG RB	2 *Steak Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Asian Blend ½ c Whole Grain Wheat Mandarin Oranges ½ c ALT=CF V	3 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Green Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin 1 oz Peaches ½ c ALT=CBG RB	4 Closed Happy Fourth of July!
7 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT=CS T	8 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBG TR	9 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Mushrooms ½ c *Lima Beans ½ c 2 Whole Grain Wheat Banana ALT=CF RB	10 *Breaded Fish 3 oz Tartar Sauce 1 PC, Ketchup 1 PC *Seasoned Potato Wedges ½ c *Green Peas ½ c Whole Grain Bun 2 oz Fresh Grapes 1 c ALT=CBG V	11 *Salisbury Steak 3 oz *Gravy 2 oz, *Mashed Potatoes ½ c *Zucchini ½ c Whole Grain biscuit 2 oz Pears ½ ALT=CF TR
14 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *California Blend ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c ALT=CS V	15 *Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pineapple chunks ½ c ALT=CBG RB	16 *Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Green Beans ½ c Fresh Plum ALT=CF T	17 *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 TR	18 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun 2 oz Peaches ½ c ALT=CF RB
21 *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CS V	22 *Chicken Alfredo 3 oz W.G. *Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Pears ½ c ALT=CBG RB	23 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Orange ALT=CF TR	24 *Breaded Fish 3 oz Tartar Sauce 1 PC *Roasted Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Applesauce ½ c ALT=CBG RB	25 *Chicken Parmesan Patty 3 oz. W. Pesto Sauce ½ c *Antigua Blend ½ c *Cape Cod Blend ½ c WG Bun 2 oz Banana ALT=CF T
28 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz, *Corn ½ c 2 Whole Grain White Peaches ½ c ALT=CS TR	29 *Beef Lasagna 3 oz. *Spinach ½ c *Beets ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT=CBG T	30 *Chicken and Gravy 3 oz W.G. Biscuit 2 oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Cranberry Juice 4 oz ALT=CF V	31 *Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT=CBG TR	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>

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