

AUGUST 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 *Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Mushrooms ½ c *Spinach ½ c w/Lemon PC Fresh Fruit Salad 1 c ALT=CS TR	4 *Pork Pattie 3 oz w/ BBQ Sauce *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Whole Grain Bun 2 oz Mandarin Oranges ½ c ALT=CBG RB	5 *Breaded Chicken Patty 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CF TR	6 *Turkey Tetrazzini 4 oz *Spaghetti ½ c *California Blend ½ c *Zucchini ½ c W.G. Wheat Peaches ½ c ALT=CBG RB	7 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana ALT=CF TR
10 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Grape Juice ½ c ALT=CS TR	11 *Chicken Alfredo 4 oz *W.G. Pasta ½ c w/ 2 oz sauce *Broccoli ½ c, *Cauliflower ½ c W.G. Roll 1 oz Applesauce ½ c ALT=CBG V	12 *Tuna Salad 3 oz *Tomato Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CF RB	13 *Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz Mandarin Oranges ½ c ALT=CBG RB	14 *Stuffed Cabbage 6 oz *Mashed Potatoes ½ c *California Blend ½ c 2 Whole Grain Wheat Fresh Plum ALT=CF TR
17 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Spinach ½ c w/ Lemon 1 PC *Harvard Beets ½ c Whole Grain Wheat Pears ½ c ALT=CS TR	18 *Chicken stuffed w/ Broccoli 6 oz *Mashed Potatoes ½ c, *Gravy 2 oz *Brussels Sprouts ½ c 2 Whole Grain White Orange ALT=CBG RB	19 *Stuffed Pepper 6 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 W.G. Wheat Pineapple Chunks ½ c ALT=CF T	20 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Green Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Bread 2 oz Sliced Peaches ½ c ALT=CBG RB	21 *Roasted Turkey Breast 3 oz *Gravy 2 oz, W.G. Stuffing ½ c *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Wheat Fresh Grapes 1 c ALT=CF RB
24 *Chicken Parmesan 3 oz w/ Sauce 2 oz, W.G. Rotini ½ c *Spinach ½ c w/ Lemon Jc. 1 PC *Bermuda Blend ½ c Whole Grain Wheat Diced Pears ½ c ALT=CS RB	25 *Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain White Mixed Fruit ½ c ALT=CBG RB	26 *Chicken Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Asian Blend ½ c Whole Grain Wheat Fresh Plum ALT=CF RB	27 *3 oz Corned Beef *Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c ALT=CBG T	28 *Breaded Fish 3 oz Tartar Sauce 1 PC, Ketchup 1 PC *Seasoned Potato Wedges ½ c *Green Beans ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT=CF RB
31 *Salisbury Steak 3 oz, *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT=CS T	Choice of: 1% Milk, Buttermilk, or Calcium fortified juice *=take temperature of Milk and all food proceeded by an asterisk.			
Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>				

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 = Chicken Breast, ALT T = Tuna, ALT RB = Roast Beef, ALT V = Cheese