

July 2026 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.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	1 *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 TR	2 *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	3 Closed Happy Fourth of July!
6 *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	7 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Mushrooms ½ c *Lima Beans ½ c 2 Whole Grain Wheat Banana ALT=CBG TR	8 *Roasted Turkey 3 oz *Sweet Potatoes, ½ c gravy *Green Beans ½ c W.G. Dinner Roll 2 oz Pears ½ c ALT=CF RB	9 *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 RB	10 *Chicken Alfredo 3 oz W.G. *Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Pears ½ c
13 *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 TR	14 *Breaded Chicken Patty 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	15 * 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	16 *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	17 *Beef Sloppy Joe 4 oz *Sweet potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun 2 oz Peaches ½ c ALT=CF RB
20 *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CS T	21 *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 RB	22 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Orange ALT=CF TR	23 *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	24 *Chicken Parmesan Patty 3 oz. W. Tomato Sauce ¼ c *Antigua Blend ½ c *Cape Cod Blend ½ c WG Bun 2 oz Banana ALT=CF T
27 *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	28 *Beef Lasagna 3 oz. *Spinach ½ c *Beets ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT=CBG T	29 *Chicken and Gravy 3 oz W.G. Biscuit 2 oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Cranberry Juice 4 oz ALT=CF RB	30 *Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT=CBG TR	31 *Salisbury Steak 3 oz *Gravy 2 oz, *Mashed Potatoes ½ c *Zucchini ½ c Whole Grain biscuit 2 oz Pears ½ c ALT=CF TR

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 = Chef Salad w/Lettuce, Ham, Egg, Cheese