

March 2026 WRAAA Menu



Monday	Tuesday	Wednesday	Thursday	Friday	
2 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Sweet Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Cranberry Juice 4 oz RB ALT = CS	3 *Steak Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Green Peas Whole Grain White Pineapple ½ c TR ALT = CBG	4 *Beef Stroganoff 4 oz *Noodles ½ c w/ *Gravy 2 oz *Antigua Blend ½ c *Cauliflower ½ c Whole Grain Wheat Apricots ½ c T ALT = CF	5 *BBQ Chicken Breast 3 oz Macaroni and Cheese 1/2c *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain White Banana RB ALT = CBG	6 *Breaded Fish 4 oz Tartar Sauce 1 PC *Cole Slaw ½ c *Potato Wedges ½ c W.G. Hamburger Bun Applesauce ½ c RB ALT = CF	
9 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c, *Gravy 2 oz *Lima Beans ½ c W.G. Dinner Roll 2 oz Apple Juice 4 oz RB ALT = CS	10 *Beef Lasagna 6 oz *Spinach ½ c *Carrots ½ c Whole Grain Dinner Roll 2 oz Grapes 1 c T ALT = CBG	11 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c, *Broccoli ½ c Whole Grain wheat Mixed Fruit ½ c RB ALT = CF	12 *Beef Sloppy Joe 4 oz *Cauliflower ½ c * Buttered Beets ½ c Whole Grain Bun Sliced Peaches ½ c TR ALT = CBG	13 *Vegetable Lasagna 6 oz *Carrots ½ c, *Succotash ½ c Whole Grain Wheat Orange W.G. Vanilla Wafers 1 oz RB ALT = CF	
16 *Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c W.G. Corn Bread 2 oz Sliced Pears ½ c T ALT = CS	17 *3 oz. Corned Beef Mustard 1 PC Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Applesauce ½ c TR ALT = CBG	18 *Lemon Gravy 2 oz/ Chicken 3 oz *Brown Rice ½ c Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Orange RB ALT = CF	19 *Swedish Meatballs 3-1 oz w/Gravy 2 oz./ *Noodles ½ c *California Blend ½ c Sautéed Mushrooms ½ c Whole Grain White Banana TR ALT = CBG	20 2-2 oz. Stuffed Shells w/ Sauce 2 oz *Spinach ½ c/1 PC Lemon Juice *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Sliced Peaches ½ c RB ALT=CF	
23 *Breaded Chicken Patty 3 oz Mayo 1 PC *Corn ½ c *Roasted Diced Potatoes ½ c Whole Grain bun 2 oz Sliced Pears ½ c RB ALT = CS	24 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Key Largo ½ c W. G. Dinner Roll 2 oz Banana TR ALT = CBG	25 *Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c, Zucchini ½ c Dinner Roll 1 oz Mandarin Oranges ½ c RB ALT = CF	26 *Beef Meatloaf w/ Ketchup Glaze 3 oz *Mashed Potatoes ½ c/2 oz gravy *Broccoli ½ c 2 Whole Grain White Pineapple ½ c T ALT = CBG	27 *Breaded Fish 4 oz Tartar Sauce 1 PC *Green Peas ½ c *Roasted Potato Wedges ½ c W.G. Hamburger Bun Grapes 1 c TR ALT = CF	
30 *Stuffed Pepper 6 oz w/Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Peaches ½ c TR ALT = CS	31 *Baked Chicken Breast 3 oz *Noodles ½ c w *Gravy 2 oz *Green Beans ½ c *Buttered Beets ½ c Whole Grain White Sliced Apricots ½ c RB ALT = CBG	<p>Menu Approved by: <i>Ann Stabbeber, MS, RDN, LD</i></p> <p>Choice of : 1% Milk, Buttermilk, or Calcium Fortified Juice</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk</p>			

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