



# January 2026 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menu Approved by:</b> <i>Ann Stahlheber, MS, RDN, LD</i></p>	<p>Choice of: 1% Milk, Buttermilk, or Calcium Fortified Juice</p> <p>*=Take Temperature of Milk and all food preceded by an asterisk</p>	<p><b>New Year's Day</b> <b>Site Closed</b></p>	<p><b>New Year's Day</b> <b>Site Closed</b></p>	
<p>5 *Beef Meatloaf w/Glaze 3 oz *Mashed Potatoes 1/2 c w/ *Gravy 2 oz *Beets 1/2 c Whole Grain Roll 2 oz Orange ALT=CS TR</p>	<p>6 *Breaded Fish 4 oz Tartar Sae 1 PC/Ketchup 1 PC *Potato Wedges 1/2 c *Green Beans 1/2 c W.G. Hamburger Bun Applesauce 1/2 c ALT=CBG RB</p>	<p>7 *Beef Stroganoff 4 oz *Noodles 1/2 c w/ *Gravy 2 oz *Antigua Blend 1/2 c *Cauliflower 1/2 c Whole Grain Wheat Apricots 1/2 c ALT=CF T</p>	<p>8 *Chicken Marsala 3oz *Brown Rice 1/2 c *Gravy 2 oz *Mushrooms 1/2 c *Broccoli 1/2 c Whole Grain Wheat Mandarin Oranges 1/2 c ALT=CBG RB</p>	<p>2 *Stuffed Peppers 4 oz *w/ Sauce 2 oz *Mashed Potatoes 1/2 c *Green Beans 1/2 c 2 Whole Grain Wheat Sliced Peas 1/2 c ALT=CF TR</p>
<p>12 *Salisbury Steak 3 oz w/ *Gravy *Mashed Potatoes 1/2 c *Mushrooms 1/2 c 2 W. G. Wheat Sliced Apricots 1/2 c ALT=CS TR</p>	<p>13 *Chicken Cordon Bleu 7 oz *Mashed Potatoes 1/2 c *Diced Carrots 1/2 c 2 Whole Grain White Sliced Peaches 1/2 c ALT=CBG RB</p>	<p>14 *Vegetable Lasagna 6 oz *California Blend 1/2 c W. G. Dinner Roll, 2 oz Mixed Fruit 1/2 c Grape Juice 4 oz ALT=CF RB</p>	<p>15 *Swedish Meatballs 6 oz *Noodles 1/2 c Sauce 2 oz *Peas 1/2 c *Carrots 1/2 c Whole Grain White Banana ALT=CBG T</p>	<p>16 *Chicken 3 oz Stir Fry, *Brown Rice 1/2 c *Kyoto Blend 1/2 c, *Asian Blend 1/2 c W.G. White Mandarin Oranges 1/2 c ALT=CF RB</p>
<p>19 <b>Martin Luther King Day</b> <b>Site Closed</b></p>	<p>20 *Stuffed Cabbage 4 oz *w/Sauce 2 oz *Mashed Potatoes 1/2 c *Buttered Beets 1/2 c 2 Whole Grain Wheat *2(2oz) Sliced Peaches 1/2 c ALT=CS RB</p>	<p>21 Stuffed Shells *w/Sauce 2 oz *Spinach 1/2 c Lemon Juice 1 PC *California Blend 1/2 c W. G. Garlic Toast 2 oz Grapes 1 c ALT=CF T</p>	<p>22 *Roasted Turkey Breast 3 oz *Stuffing 1/2 c Gravy 2 oz *Mashed Potatoes 1/2 c *Mixed Vegetables 1/2 c Whole Grain White Cranberry Juice 4 oz ALT=CBG RB</p>	<p>23 *Chicken Alfredo 4 oz *W.G. Pasta 1/2 c w/ Sauce 2 oz *Mixed Vegetables 1/2 c *Broccoli 1/2 c W.G. White Sliced Peas 1/2 c ALT=CF TR</p>
<p>26 *Rosemary Pork 3 oz *Cheesy Potatoes 1/2 c *Mixed Vegetables 1/2 c Whole Grain Roll 2 oz Cinnamon Applesauce 1/2 c ALT=CS TR</p>	<p>27 *Hamburger 3 oz Ketchup 2 PC * Seasoned Potato Wedges 1/2 c *Baked Beans 1/2 c Whole Grain Bun 2 oz Sliced Peas 1/2 c ALT=CBG T</p>	<p>28 *Chicken Stuffed with Broccoli 6oz *Mashed Potatoes 1/2 c *Green Beans 1/2 c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz Orange ALT=CF RB</p>	<p>29 *Beef Stew 8 oz. *Lima Beans 1/2 c *Buttered Sliced Carrots 1/2 c Whole Grain Biscuit 2 oz Banana ALT=CBG TR</p>	<p>30 *Breaded Chicken Breast 3 oz WG Pasta 1/2 c w/ Marinara Sc 2 oz Parmesan 1 PC *California Blend 3/4 c WG Wheat Applesauce 1/2 c ALT=CF RB</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/Crossant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad w Lettuce, Ham, Egg, Cheese