

May 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>			
4 *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 = CS TR	5 *Sloppy Joe 3 oz *Sweet Potatoes 1/2 c *Broccoli 1/2 c Whole Grain Bun 2 oz Fresh Plum ALT = CBG T	6 *Roasted Turkey Breast 3 oz *Stuffing 1/2 c w/*Gravy *Mashed Potatoes 1/2 c *Carrot Coins 1/2 c 1 Whole Grain White Cranberry Juice 1/2 c ALT = CF RB	7 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes 1/2 c *Bermuda Blend 1/2 c W. G. Dinner Roll, 2 oz Peaches 1/2 c ALT = CBG TR	8 *Breaded Fish 4 oz w Tartar Sc 1 PC, American Cheese 1 oz Coleslaw 1/2 c *Seasoned Potato Wedges 1/2 c Whole Grain Bun Fresh Grapes 1 c ALT = CF RB
11 *Salisbury Steak 3 oz *Gravy 2 oz *Noodles 1/2 c *Mixed Vegetables 1/2 c Apricots 1/2 c Apple Juice 1/2 c ALT = CS TR	12 *Chicken Cordon Bleu 6 oz *Mashed Potatoes 1/2 c Gravy 2 oz *Corn 1/2 c 2 Whole Grain White Pears 1/2 c ALT = CBG RB	13 *Swedish Meatballs 3-1 oz w/ *Gravy 2 oz, *Noodles 1/2 c *Peas 1/2 c *Mushrooms 1/2 c 1 Whole Wheat Bread Fresh Orange ALT = CF T	14 *Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes 1/2 c *California Blend 1/2 c 2 Whole Grain White Tropical Fruit 1/2 c ALT = CBG TR	15 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles 1/2 c *Broccoli 1/2 c *Cauliflower 1/2 c 1 Whole Grain Wheat Fresh Orange ALT = CF RB
18 *Beef Lasagna 8 oz *Cauliflower 1/2 c *Green Peas 1/2 c W.G. Garlic Toast 2 oz Sliced Apricots 1/2 c ALT = CS TR	19 *Chicken Parmesan Patty 3 oz *W.G. Pasta W. Tomato Sauce 1/2 c *Carrot Coins 1/2 c *Antigua Blend 1/2 c Whole Grain White Applesauce 1/2 c ALT = CBG RB	20 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes 1/2 c *Mixed Vegetables 1/2 c Whole Grain Dinner Roll 2 oz Pears 1/2 c ALT = CF T	21 *Tuna Salad 3 oz *3 Bean Salad 1/2 c *Coleslaw 1/2 c Whole Grain Bun 2 oz Fresh Fruit Salad 1 c ALT = CBG RB	22 *Hamburger 3 oz *Seasoned Potato Wedges 1/2 c Ketchup 1 PC *Green Peas 1/2 c W.G. Bun 2 oz Banana ALT = CF TR
25 Memorial Day Site Closed	26 *Stuffed Shells 2-2 oz *w/Sauce 2 oz *Zucchini 1/2 c *Glazed Carrots 1/2 c 2 Whole Grain Wheat Mixed Fruit 1/2 c ALT = CS RB	27 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes 1/2 c *Green Beans 1/2 c 2 Whole Wheat Bread Peaches 1/2 c ALT = CF TR	28 *Roasted Pork Loin 3 oz *Au Gratin Potatoes 1/2 c *Spinach 1/2 c/ 1 Lemon PC W.G. Dinner Roll, 2 oz Applesauce 1/2 c ALT = CBG T	29 *Chicken Stir Fry 3 oz *Brown Rice 1/2 c *Oriental Blend 1/2 c *Peppers and Onions 1/2 c 1 Whole Grain White Banana ALT = CF RB

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