

MARCH 2010 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Roasted Pork 3 oz *Mashed Potatoes Baby Carrots ½ c Muffin 2 oz Cinnamon Applesauce ½ c <p style="text-align: right;">T</p>	2 *Chicken Patty 3 oz. *Diced Potatoes ½ c w Red Pepper & Onion Green Beans 2/3 c Two Slices Wheat Bread Sliced Peaches ½ c <p style="text-align: right;">TR</p>	3 * Sliced Turkey 3 oz Cranberry Sauce 1 PC *Mashed Potatoes ½ c Broccoli ½ c Two Slices Wheat Bread Fruit Cocktail ½ c <p style="text-align: right;">RB</p>	4 *Chili Con Carne 6 oz Wedge Cut Potatoes ½ c Mixed Vegetables ½ c Ambrosia Salad ½ c Crackers (4) Chewy Granola Bar <p style="text-align: right;">T</p>	5 *Tuna Salad 3 oz Whole Wheat Bun *Three Bean Salad ½ c Orange Juice 4 oz Apple <p style="text-align: right;">TR</p>
8 *Bratwurst 2 oz Corn ½ c Sweet Potatoes 2/3 c Mustard 1 PC Tangerine Bun <p style="text-align: right;">RB</p>	9 *Veal Patty 3 oz *Spanish Rice ½ Spinach ½ c w/Lemon Juice Muffin 2 oz Tropical Fruit ½ c Apple BIRTHDAY CAKE <p style="text-align: right;">T</p>	10 *Stroganoff 2 oz over *Pasta ½ c Diced Beets ½ c Vegetable Medley ½ c Wheat Bread Sliced Pears ½ c <p style="text-align: right;">TR</p>	11 *Chicken & Dumplings 6 oz. Baby Carrots ½ c Chopped Broccoli ½ c Wheat Bread Chucky Applesauce <p style="text-align: right;">RB</p>	12 *Omelet (2 Eggs) *Cheese Perogies (2) Peas w/Shredded Carrots ½ c Wheat Bread Banana Lorna Donne (4) <p style="text-align: right;">T</p>
15 *Chicken Patty 3 oz. Diced Potatoes ½ c w/ Red Peppers & Onions Green Beans ½ c Wheat Bread (2 slices) Sliced Peaches <p style="text-align: right;">RB</p>	16 *Meatballs 3-1 oz *Gravy 2 oz *Buttered Noodles ½ c Mixed Vegetables ½ c Wheat Bread Orange Juice 4 oz Apple <p style="text-align: right;">TR</p>	17 *Corned Beef 2 oz w/ Boiled Cabbage Garnish Boiled Potatoes ½ c Carrots w/Onions ½ c Two Wheat Bread Pineapple Tidbits ½ c BIRTHDAY CAKE <p style="text-align: right;">T</p>	18 *Roast Beef 2 oz. *Gravy 2 oz. Mashed Potatoes Peas & Pearl Onions ½ c 2 Slices Wheat Bread Sliced Pears ½ c <p style="text-align: right;">TR</p>	19 *Cheese Ravioli 1 c w/ Tomato Sauce Green Beans ½ c Vegetable Medley ½ c Wheat Bread Tropical Fruit ½ c <p style="text-align: right;">T</p>
22 * Sloppy Joe 4 oz Skin on Wedge Potatoes 2/3 c Peas & Pearl Onions ½ c Bun Sliced Pears Graham Crackers (3) <p style="text-align: right;">TR</p>	23 * Breaded Chicken Filet 3 oz Mayo 1 PC Chuck Wagon Corn ½ c Baby Carrots ½ c Bun Orange <p style="text-align: right;">RB</p>	24 *Stuffed Green Pepper 4 oz Parsley Potatoes ½ c Mixed Vegetables 2/3 c 2 Slices Rye Bread Cinnamon Applesauce ½ c <p style="text-align: right;">T</p>	25 *Sliced Turkey 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Pinto Beans ½ c Two Wheat Bread Pineapple Tidbits ½ c BIRTHDAY CAKE <p style="text-align: right;">RB</p>	26 * Breaded Fish 3 oz. Tartar Sauce 1 PC Spinach ½ c Lemon Corn ½ c 2 Sliced Rye Bread Sliced Peaches ½ c <p style="text-align: right;">TR</p>
29 *Turkey Fritter 3 oz *Sweet Potatoes 2/3c Mustard Greens w/ Kale & Diced Onions 2/3 c Vinegar 1 PC 2 Slices Wheat Bread Fruit Cocktail 2/3 c <p style="text-align: right;">RB</p>	30 *Spaghetti 1 c *Meatballs 3-1 oz Parmesan Cheese 1 PC Green Beans ½ c Broccoli & Cauliflower ½ c Apple <p style="text-align: right;">TR</p>	31 *Swiss Steak 3 oz Sweet Potatoes ½ c Spinach ½ c w/Vinegar Corn Muffin 2 oz Sliced Peaches ½ c <p style="text-align: right;">T</p>	Choice of 1% Milk or Buttermilk Birthday Cake: German Chocolate w/German Chocolate Icing *Take temperature of milk and all foods preceded by an asterisk. <p style="text-align: right;">Menu written by: Carolynn Scott Menu Approved By: Janice M. Davis MS, RD, LD</p>	

Western Reserve Area Agency on Aging - 2010

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day. "T"=Tuna, "TR"=Turkey, "RB"=Roast Beef