

# February 2010 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>*Chicken Pattie 3 oz *Diced Potatoes ½ c w/ Red Pepper &amp; Onions Green Beans 2/3 c Two Slices Wheat Bread Sliced Peaches ½ c</p> <p style="text-align: right;">RB</p>	<p>2</p> <p>*Chili Con Carne 6 oz Skin on Wedge Potatoes ½ c Mixed Vegetables ½ c Ambrosia Salad 1/2 c Crackers (4) Chewy Granola Bar</p> <p style="text-align: right;">T</p>	<p>3</p> <p>*Chicken &amp; Dumplings 6 oz Beets ½ c Chopped Broccoli ½ c Wheat Bread Banana</p> <p style="text-align: right;">RB</p>	<p>4</p> <p>* Roast Pork 3 oz * Mashed Potatoes ½ c Peas &amp; Carrots ½ c 2 Slices Wheat Bread Sliced Pears ½ c</p> <p style="text-align: right;">T</p>	<p>5</p> <p>*Veal Patty 3 oz *Spanish Rice ½ c Spinach ½ c w/Lemon Juice Muffin 2 oz Tropical Fruit ½ c Apple</p> <p style="text-align: right;">TR</p>
<p>8</p> <p>*Sloppy Joe 4 oz Skin on Wedge Potatoes 2/3 c Peas &amp; Pearl Onions ½ c Bun Sliced Pears &amp; Mandarin Orange Segments ½ c Graham Crackers (3)</p> <p style="text-align: right;">TR</p>	<p>9</p> <p>* Sliced Turkey 3 oz Cranberry Sauce 1 PC *Mashed Potatoes ½ c Broccoli ½ c Two Slices Wheat Bread Fruit Cocktail ½ c <b>BIRTHDAY CAKE</b></p> <p style="text-align: right;">RB</p>	<p>10</p> <p>*Stroganoff 2 oz over *Pasta ½ c Diced Beets ½ c Vegetable Medley ½ c Wheat Bread Sliced Pears ½ c</p> <p style="text-align: right;">T</p>	<p>11</p> <p>*Roast Beef 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Slices Wheat Bread Applesauce ½ c</p> <p style="text-align: right;">TR</p>	<p>12</p> <p>*Omelet (2 Eggs) *Cheese Perogies 2 Peas w/Shredded Carrots ½ c Wheat Bread Banana Lorna Donne (4)</p> <p style="text-align: right;">RB</p>
<p>15</p> <p style="text-align: center;"><b>SITE CLOSED</b></p> <p style="text-align: center;"><b>PRESIDENT'S DAY</b></p>	<p>16</p> <p>*Swiss Steak 3 oz Sweet Potatoes ½ c Spinach ½ c w/Lemon Juice Corn Muffin 2 oz Sliced Peaches ½ c</p> <p style="text-align: right;">TR</p>	<p>17</p> <p>*Breaded Fish 3 oz Tartar Sauce 1 PC *Brown Rice Pilaf 2/3 c Asparagus ½ c *Coleslaw 2/3 c Wheat Bread Apricots ½ c <b>BIRTHDAY CAKE</b></p> <p style="text-align: right;">RB</p>	<p>18</p> <p>*Meatballs 3-1 oz *Gravy 2 oz *Buttered Noodles ½ c Mixed Vegetables ½ c Wheat Bread Orange Juice 4 oz Banana</p> <p style="text-align: right;">T</p>	<p>19</p> <p>*Cheese Ravioli 1 c w/ Tomato Sauce Green Beans ½ c Broccoli ½ c Wheat Bread Tropical Fruit ½ c</p> <p style="text-align: right;">TR</p>
<p>22</p> <p>*Breaded Chicken Filet 3 oz Mayo 1 PC Chuck Wagon Corn ½ c Baby Carrots ½ c Bun Orange</p> <p style="text-align: right;">T</p>	<p>23</p> <p>*Spaghetti 1 c *Meatballs 3-1 oz Parmesan Cheese 1 PC Green Beans ½ c Broccoli &amp; Cauliflower ½ c Apple</p> <p style="text-align: right;">TR</p>	<p>24</p> <p>*Sliced Turkey 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Pinto Beans ½ c Two Wheat Bread Pineapple Tidbits ½ c</p> <p style="text-align: right;">RB</p>	<p>25</p> <p>*Bratwurst 2 oz Corn ½ c Sweet Potatoes 2/3 c Mustard 1 PC Tangerine Bun <b>BIRTHDAY CAKE</b></p> <p style="text-align: right;">T</p>	<p>26</p> <p>*Breaded Fish 3 oz. Tartar Sauce 1 PC Spinach ½ c w/Lemon Mixed Vegetables ½ c 2 slices Rye Bread Sliced Peaches ½ c</p> <p style="text-align: right;">TR</p>
<p>Birthday Cake of the Month: White Cake with Coconut Icing</p>	<p>Choice of : !% Milk or Buttermilk</p>	<p>*= Take Temperature of Milk and all food preceded by an asterisk.</p>	<p>Menu Written By:Carolynn Scott Menu Approved BY: Janice M. Davis MS, RD, LD</p>	

**Note: Box Lunch Default Menu choice is shown in the right hand corner of each day. "T"=Tuna, "TR"=Turkey, "RB"=Roast Beef  
Western Reserve Area Agency on Aging - 2010**