April 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Spinach ½ c/1 Lemon PC Whole Grain Bun Sliced Peaches ½ c	2 *Chicken Breast Stuffed w/ Broccoli 6 oz Green Beans ½ c *O'Brien Potatoes ½ c 2 Whole Grain White Apricots ½ c	3 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c	4 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain Rye Applesauce ½ c	5 *Vegetable Lasagna 8 oz Buttered Beets ½ c Brussel Sprouts ½ c Whole Grain Wheat Sliced Pears ½ c W. G. Vanilla Wafers 1 oz
8 *Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c Green Peas ½ c Capri Blend ½ c Whole Grain Wheat Pineapple Chunks ½ c	9 *Sliced Ham 3 oz w/ Pineapple Glaze * Scalloped Potatoes ½ c Green Beans ½ c 2 Whole Grain White Mixed Fruit ½ c	10 *Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c W. G. Dinner Roll 2 oz Mandarin Oranges ½ c	11 *Beef Hot Dog 2 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Banana	12 *Stuffed Shells 2-2ozw/Sauce 2 oz Broccoli ½ c Baby Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Applesauce ½ c
15 *Roasted Turkey Breast 3 oz *Brown Rice ½ c *Gravy 2 oz Harvard Beets ½ c Brussel Sprouts ½ c 1 Whole Grain White Mandarin Oranges	16 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain Wheat Sliced Peaches ½ c	17 *BBQ Rib Patty 3 oz *Baby Lima Beans ½ c *Sweet Potatoes ½ c Whole Grain Bun Sliced Pears ½ c	18 *Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c Green Beans ½ c, Cauliflower ½ c 1 Whole Grain White Pineapple Chunks ½ c	19 Wickliffe Site Closed on Good Friday
22 * Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c, Green Peas ½ c Sliced Peaches & Pears ½ c	23 *Beef Lasagna 8 oz Green Beans ½ c Buttered Beets ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c	24 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Broccoli ½ c 2 Whole Wheat Bread Banana	25 *Cold Roasted "Sandwich" Sl Turkey Breast 3 oz, Mayo 1 PC *Potato Salad ½ c Tomato, Cucumber, and Onion Salad ½ c 2 Whole Grain Rye Mandarin Oranges ½ c	26 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Wheat Bread Apricots ½ c
29 *Meatballs 3-1 oz *Spaghetti 1 c w/ Sauce 2 oz Green beans 1/2 c Spinach 1/2 c / 1 Lemon PC Applesauce 1/2 c	30 *Lemon Pica Chicken 3 oz Scalloped Potatoes ½ c Brussel Sprouts ½ c 2 Whole Grain White Pineapple Chunks ½ c	Menu Written By: Carolynn Scott	Menu Approved By: Jill Riffle MS, RDN, LD	

COUNCIL ON AGING
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