

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| | <p>Please call 3 days in advance for holds or cancellations.</p> | <p>Menu subject to change. All meals served with 8 oz 1% or 2% milk</p> | | <p>1</p> <p>Chicken & Dumplings - 6 oz Green Beans - 1/2 cup Carrots - 1/2 cup Fruit Cup - 1/2 cup</p> |
| <p>4</p> <p>Beef Stroganoff - 4 oz Egg Noodles - 1/2 cup Harvard Beets - 1/2 cup Baby Carrots - 1/2 cup WG White Bread - 1 slice Fruit Cup - 1/2 cup</p> | <p>5</p> <p>Hamburger Patty - 3 oz Potato Wedges - 1/2 cup Green Peas - 1/2 cup WG Hamburger Bun - 2 oz Sliced Pears - 1/2 cup</p> | <p>6</p> <p>BBQ Chicken Breast - 3 oz Sweet Potatoes - 1/2 cup Brussels Sprouts - 1/2 cup WG Buttermilk Biscuit Orange Juice - 4 oz</p> | <p>7</p> <p>Beef Stuffed Cabbage - 4 oz w/ Tomato Sauce - 2 oz Mashed Potatoes - 1/2 cup Corn & Red Peppers - 1/2 cup WG Wheat Bread - 2 slices Fresh Banana</p> | <p>8</p> <p>Breaded Fish - 4 oz Au Gratin Potatoes - 1/2 cup Broccoli - 1/2 cup WG Wheat Bread - 2 slices Sliced Peaches</p> |
| <p>11</p> <p>Pineapple Glazed Ham-3 oz Scalloped Potatoes - 1/2 cup Spinach w/ Lemon - 1/2 cup WG White Bread - 2 slices Chunky Applesauce - 1/2 cup</p> | <p>12</p> <p>Lemon Chicken Breast - 3 oz Butternut Squash - 1/2 cup Green Beans - 1/2 cup WG Wheat Bread - 1/2 cup Fresh Banana - 1 ea</p> | <p>13</p> <p>Cheese Ravioli - 6 oz Broccoli - 1/2 cup Baby Lima Beans - 1/2 cup WG Breadstick - 2 oz Mandarin Oranges - 1/2 cup</p> | <p>14</p> <p>Sweet & Sour Meatballs-5 oz Brown Rice - 1/2 cup Capri Blend Veggies - 1/2 cup WG Wheat Bread - 1 slice Apple Juice - 4 oz Tropical Fruit Cup - 1/2 cup</p> | <p>15</p> <p>Vegetable Lasagna - 6 oz Green Peas - 1/2 cup Buttered Beets - 1/2 cup WG Wheat Bread - 1 slice Pineapple Chunks - 1/2 cup WG Vanilla Wafers - 2 oz</p> |
| <p>18</p> <p>Cook's Choice</p> | <p>19</p> <p>Salisbury Steak - 3 oz w/ Gravy - 2 oz Mashed Potatoes - 1/2 cup Spinach w/ Vinegar - 1/2 cup WG White Bread - 2 slices Sliced Apricots - 1/2 cup</p> | <p>20</p> <p>Beef Sloppy Joe - 4 oz Green Peas - 1/2 cup Harvard Beets - 1/2 cup WG Hamburger Bun - 2 pz Fresh Banana - 1 ea</p> | <p>21</p> <p>Roast Turkey Breast - 3 oz Mashed Potatoes - 1/2 cup w/ Gravy - 2 oz Cauliflower & Broccoli - 1/2 cup WG Wheat Bread - 2 slices Sliced Peaches - 1/2 cup</p> | <p>22</p> <p>Stuffed Shells - 4 oz w/ Marinara Sauce - 2 oz Spinach w/ Lemon - 1/2 cup Capri Blend Veggies - 1/2 cup WG Garlic Toast - 2 oz Sliced Pears - 1/2 cup</p> |
| <p>25</p> <p>Swedish Meatballs - 5 oz Egg Noodles - 1/2 cup Green Peas - 1/2 cup Carrots - 1/2 cup WG White Bread - 1 slice Sliced Apricots - 1/2 cup</p> | <p>26</p> <p>Broccoli Stuffed Chicken-6 oz Green Beans - 1/2 cup Buttered Beets - 1/2 cup WG White Bread - 1 slice Mixed Fruit - 1/2 cup WG Vanilla Wafers - 2 oz</p> | <p>27</p> <p>BBQ Rib Patty - 3 oz Sweet Potatoes - 1/2 cup Brussels Sprouts - 1/2 cup WG Hamburger Bun - 2 oz Chunky Applesauce - 1/2 cup</p> | <p>28</p> <p>Chili Con Carne - 8 oz Mixed Vegetables - 1/2 cup Corn Muffin - 2 oz Apple Juice - 4 oz Fresh Banana - 1 ea</p> | <p>Menu approved by Carolyn Scott at WRAAA</p> <p>Meals produced by Traditions in Cleveland</p> |