

July 2019 WRAAA Medina MENU

For Meal Cancellations call:
(330)723-9514

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Hawaiian chicken 3 oz *Rice Pilaf ½ c Baby Carrots ½ c Green Beans ½ c Whole Grain Wheat Tropical Fruit ½ c	3	4 4th of July Holiday Sites Closed	5
8	9 *Chicken Alfredo 4 oz *Buttered Noodles ½ c Mixed Vegetables ½ c Harvard Beets ½ c Whole Grain White Sliced Pears ½ c	10	11 Garden Spring Salad with Chicken Crackers Vanilla Wafers Applesauce ½ c	12
15	16 *StuffedPepper6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Honey Wheat Biscuit 2 Tropical Fruit	17	18 *Breaded Chicken Breast MarinaraSauce 2 oz Green Beans ½c Capri Blend ½ c W. G. Breadstick 2 oz Sliced Peaches ½ c	19
22	23 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c Buttered Sliced Carrots ½ Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz	24	25 Beef Hot Dog Mustard/Ketchup PC Mixed Vegetables Corn Whole Grain Wheat Pineapple Chunks	26
29	30 *BBQ Rib Patty 3 oz *Sweet Potatoes ½ c Cape Cod Blend½ c 2 Whole Grain Wheat Apricots ½ c	31	Menu Approved By: <i>Jill Riffle MS, RDN, LD</i>	

Menu is subject to change
without notice
Please sign in by 11:25

Western Reserve Area Agency on Aging-2019
Medina County Office for Older Adults

