

December 2018

WRAAA Medina MENU

For Meal Cancellations call:
Office # (330)723-9514

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 * Chicken Ala King 8 oz. *Baby Lima Beans ½ c Sliced Carrots ½ c W. G. Biscuit 2 oz. Pineapple Chunks ½ c	5	6 *Turkey 3 oz. w/ Gravy 2 oz. * Stuffing 4 oz. *Sweet Potatoes ½ c Broccoli ½ c Whole Grain Wheat Sliced Peaches ½ c	7
10	11 Beef Ravioli 8 oz. Green Beans ½ c Kernel Corn ½ c Cereal Bar 1 oz. W.G. Vanilla Wafers 1 oz. Fruit Cocktail ½ c	12	13 *Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC Green Beans ½ c Whole Grain Bun Mandarin Oranges ½ c	14
17	18 *Breaded Fish 4 oz. Tartar Sauce 1 PC Tater Tots ½ c w/ Ketchup 1PC Spinach ½ c Whole Grain Wheat Apricots ½ c W.G. Vanilla Wafers 1 oz.	19	20 *Sliced Ham 3 oz. w/ Pineapple Glaze *Cheesy Potatoes ½ c Broccoli ½ c W. G. Dinner Roll 2 oz. Sliced Peaches ½ c	21
24 All Medina County Office Closed No meal	25 Merry Christmas Site Closed	26	27 *Chicken Cacciatore 3 oz. *Sauce 2 oz. w/*Brown Rice ½ c Green Peas ½ c Brussel Sprouts ½ c Whole Grain Wheat Applesauce ½ c	28
31		Menu Written By: Carolynn Scott	Menu Approve By: <i>Jill Riffe MS, RDN, LD</i>	Choice of: 1% Milk or Buttermilk

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

Western Reserve Area Agency on Aging - 2018
Medina County Office for Older Adults

