

December 2019 WRAAA MENU:

For meal cancellations
call: 330-723-9514

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breaded Fish 4 oz/ Tartar *Brown Rice ½ c *Scalloped Potatoes ½ c *Cauliflower ½ c W.G. Dinner Roll 1 oz Sliced Pears ½ c	3 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Broccoli ½ c Red Cabbage ½ c Whole Grain White Banana	4	5 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c *Harvard Beets ½ c WG Dinner Roll 2 oz Scalloped Apples ½ c	6 *Tomato Basil Chicken 3 oz *WG Penne ½ c Sauce 2 oz *Mixed Vegetables ½ c Green Beans ½ c Whole Grain White Orange
9 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c Whole Grain White Bread Sliced Pears ½ c	10 *Beef Ravioli 8 oz Cereal bar, 1 oz *Green Beans, ½ c *Corn, ½ c Fruit Cocktail, ½ c Vanilla Wafers, 1 oz	11	12 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Sautéed Swiss Chard ½ c *Buttered Baby Carrots Mini Corn Muffin 1 oz Peaches ½ c	13 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Bread Banana
16 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Wheat Biscuit 2 oz Tropical Fruit ½ c	17 *Cold Sliced Turkey 3 oz Mayo 1 PC *Tomato Cuke Onion Salad ½ c *Cole Slaw ½ c Whole Grain Rye Bread Mandarin Oranges ½ c	18	19 *Hamburger 3 oz Ketchup 2 PC *Broasted Potatoes ½ c Baked Beans ½ c Whole Grain Bun Apricots ½ c	20 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Orange
23 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Buttered Sliced Carrots ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c	24 *Roasted Turkey Breast 3 oz *Gravy 2 oz / *Stuffing ½ c *Butternut Squash ½ c *Green Beans ½ c Whole Grain Dinner Roll 2oz Scalloped Apples ½ c	25 Christmas Day Sites Closed	26 *Beef Stew 8 oz 3 Bean Salad ½ c *Brussels Sprouts ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Mandarin Oranges ½ c	27 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c
30 *Sloppy Joe 4 oz *Sweet Potatoes ½ c *Cape Cod Blend ½ c WG Hamburger Bun Apricots ½ c	31 *Breaded Fish 3 oz *Rice Pilaf ½ c *Glazed Carrots ½ c Spinach ½ / Vinegar 1 PC Whole Grain Wheat Red grapes 1 c	Choice of 1% Milk or Buttermilk	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	

Menu is subject to change
without notice

Western Reserve Area Agency on Aging - 2019

Medina County Office for Older Adults

