

# AUGUST 2019 WRAAA Brunswick Site MENU

For Meal Cancellations  
Call: 330-273-8087

| Monday                                              | Tuesday | Wednesday                                                                                                                                                                                       | Thursday | Friday                                                                                                                                                                                            |
|-----------------------------------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Menu Approved By:<br><i>Jill Riddle MS, RDN, LD</i> |         |                                                                                                                                                                                                 | 1        | 2<br><br><b>Boxed Lunch</b><br><b>Roast Beef Sandwich</b>                                                                                                                                         |
| 5                                                   | 6       | 7<br><b>*Roasted Turkey Breast 3 oz</b><br><b>*Gravy 2 oz</b><br><b>*Mashed Potatoes ½ c</b><br><b>California Blend ½ c</b><br><b>2 Whole Grain Rye</b><br><b>Pineapple Chunks ½ c</b>          | 8        | 9<br><b>*Chicken Alfredo 4 oz</b><br><b>*Buttered Noodles ½ c</b><br><b>Mixed Vegetables ½ c</b><br><b>Harvard Beets ½ c</b><br><b>Whole Grain White</b><br><b>Sliced Pears ½ c</b>               |
| 12                                                  | 13      | 14<br><b>*Tuna Salad 3 oz</b><br><b>*Potato Salad ½ c</b><br><b>*Corn Relish Salad ½ c</b><br><b>2 Whole Grain Wheat</b><br><b>Apricots ½ c</b>                                                 | 15       | 16<br><b>*Stuffed Pepper 6 oz w/</b><br><b>2 oz Sauce</b><br><b>*Mashed Potatoes ½ c</b><br><b>*Baby Lima Beans ½ c</b><br><b>W.G. Honey Wheat Biscuit 2 oz</b><br><b>Banana</b>                  |
| 19                                                  | 20      | 21<br><b>*Swedish Meatballs 3</b><br><b>*Noodles ½ c/ * w/Gravy 2 oz</b><br><b>Broccoli ½ c</b><br><b>Red Cabbage ½ c</b><br><b>Whole Grain White</b><br><b>Banana</b>                          | 22       | 23<br><b>*Sweet &amp; Sour Pork Loin 4 oz</b><br><b>*Rice Pilaf ½ c</b><br><b>Buttered Sliced Carrots ½ c</b><br><b>Green Peas ½ c</b><br><b>W.G. Vanilla Wafer 1 oz</b><br><b>Applesauce ½ c</b> |
| 26                                                  | 27      | 28<br><b>*Breaded Fish 4 oz</b><br><b>Tartar Sauce 1 PC</b><br><b>*Scalloped Potatoes ½ c</b><br><b>Spinach ½ c/ Lemon Juice 1 PC</b><br><b>W.G. Dinner Roll 2 oz</b><br><b>Sliced Peas ½ c</b> | 29       | 30<br><b>BBQ Rib Patty 3 oz</b><br><b>*Sweet Potatoes ½ c</b><br><b>Cape Cod Blend ½ c</b><br><b>2 Whole Grain Wheat</b><br><b>Apricots ½ c</b>                                                   |

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

