

JUNE 2019

WRAAA Brunsiwck Site MENU

For Meal Cancellations call:
Kitchen #(330)273-8087

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: Jill Riffle MS, RDN, LD	Menu Written By: Carolynn Scott		Choice of 1% Milk or Buttermilk	
3	4	5 *Roasted Turkey Breast 3 oz *Brown Rice ½ c *Gravy 2 oz Harvard Beets ½ c Brussel Sprouts ½ c 1 Whole Grain White Mandarin Oranges ½ c	6	7 Br'd Chicken Breast Patty 3 oz Basil Tomato Sauce 1 oz Spinach ½ c/ 1 Lemon PC Corn w/ Red Pepper ½ c Whole Grain Bun Banana
10	11	12 * Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c, Green Peas ½ c Sliced Pears ½ c	13	14 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c Whole Grain Dinner Roll 2 oz Mandarin Oranges ½ c
17	18	19 *Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Mixed Vegetables ½ c Whole Grain Bun Sliced Peaches ½ c	20	21 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c
24	25	26 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Green Beans ½ c Baby Carrots ½ c 1 Whole Grain Wheat Banana	27	28 *Lemon Pica Chicken 3 oz *Scalloped Potatoes ½ c Buttered Beets ½ c 2 Whole Wheat Bread Sliced Peaches ½ c

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

