

October 2019

WRAAA MENU: Brunswick Site

For Meal Cancellations
Call: 330-273-8087

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	1	2 *Hamburger 3 oz Ketchup 2 PC *Broasted Potatoes ½ c Spinach ½ c/ Vinegar 1 PC Whole Grain Bun Banana	3	4 *Roasted Turkey Breast *Gravy 2 oz *Mashed Potatoes ½ c *California Blend ½ c 2 Whole Grain Rye Pineapple Chunks ½ c
7	8	9 *Beef Sloppy Joe 4 oz *Sweet Potatoes ½ c *Green Peas ½ c W.G. Hamburger Bun Scalloped Apples ½ c	10	11 *Tuna Salad 3 oz Spring Mix 1 c. Italian dressing 1 PC Three Bean Salad ½ c 2 Whole Grain Wheat WG Cinnamon Roll 2 oz Orange
14 Columbus Day Site Closed	15	16 *Cold Sliced Turkey 3 oz Mayo 1 PC *Tomato Cuke Onion Salad Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c	17	18 *Swedish Meatballs 3 *Noodles ½ c. w/Gravy *Broccoli ½ c Red Cabbage ½ c Whole Grain White Banana
21	22	23 *Roasted Turkey 3 oz *Gravy 2 oz *Butternut Squash ½ c Green Beans ½ c W.G. Honey Biscuit 2 oz Banana	24	25 *Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c Spinach ½ c/ Lemon Juice W.G. Dinner Roll 2 oz Orange
28	29	30 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Peaches ½ c	31	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 - 2019
Medina County Office for Older Adults

