

# FEBRUARY 2020 WRAAA Brunswick MENU

For Meal Cancellations  
Call: 330-273-8087

| Monday  | Tuesday                               | Wednesday  | Thursday | Friday  |
|---|---------------------------------------|--|----------|---|
|   | Choice of :<br>1 % Milk or Buttermilk | Menu Approved by:<br>Ann Stahlheber, M.S. R.D.N. L.D.  |          |   |
| 3   | 4                                     | 5<br>*BBQ Chicken Breast 3 oz.<br>*Butternut Squash ½ c<br>*Brussels Sprouts ½ c<br>W. G. Buttermilk Biscuit 2 oz.<br>Mandarin Oranges ½ c | 6        | 7<br>* Roasted Turkey Breast 3 oz.<br>*Gravy 2 oz.<br>*Sweet Potatoes ½ c<br>*Cauliflower/Broccoli ½ c<br>2 Whole Grain Wheat<br>Fresh Grapes 1 c               |
| 10  | 11                                    | 12<br>*Beef Sloppy Joe 4 oz<br>*Green Peas ½ c<br>*Harvard Beets ½ c<br>Whole Grain Bun<br>Sliced Peaches ½ c                              | 13       | 14<br>*Vegetable Lasagna 6 oz.<br>*Carrots ½ c<br>*Broccoli ½ c<br>Whole Grain Wheat<br>Pineapple Chunks ½ c<br>Whole Grain Vanilla Wafers                      |
| 17<br><b>PRESIDENTS DAY</b><br><br><b>Site Closed</b> | 18                                    | 19<br>*Breaded Fish 4 oz.<br>Tartar Sauce 1 PC<br>*Brown Rice ½ c<br>*Carrots ½ c<br>*Peas ½ c<br>Whole Grain Wheat<br>Orange              | 20       | 21<br>*Tomato Basil Chicken 3 oz<br>w/ Sauce 2 oz W.G. Pasta ½ c.<br>*Spinach ½ c Lemon Juice 1 PC<br>*Capri Blend ½ c<br>Whole Grain Wheat<br>Sliced Pears ½ c |
| 24  | 25                                    | 26<br>*Cheese Ravioli 6 oz.<br>*Antigua Blend ½ c<br>*Baby Lima Beans ½ c<br>Whole Grain Breadsticks 2 oz.<br>Mandarin Oranges ½ c         | 27       | 28<br>*Baked Fish 4 oz.<br>Creamy Dill Sauce 1 oz.<br>*Brown Rice ½ c<br>*Carrots ½ c<br>*Green Beans ½ c<br>Pineapple Chunks ½ c                               |

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

Western Reserve Area Agency on Aging - 2020  
Medina County Office for Older Adults

