

March 2019 WRAAA Menu - Medina Site

For Meal Cancellations call:
Office #: 330-723-9514

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: Jill Riffle MS, RDN, LD	Choice of 1% Milk or Buttermilk	Menus Written By: Carolynn Scott		1
4	5 *Beef Hot Dog 2 oz. Ketchup 1 PC/Mustard 1 PC *Baked Beans ½ c Au Gratin Potatoes ½ c Whole Wheat Bun Banana	6	7 *Stuffed Cabbage 6 oz. w/ Sauce 2 oz. *Mashed Potatoes ½ c Buttered Baby Carrots ½ c 2 Whole Grain Wheat Sliced Pears ½ c	8
11	12 *Meatballs 3-1 oz. *Spaghetti 1 c w/ Sauce California Blend ½ c Corn w/ Diced Red Peppers ½ c Whole Grain Wheat Tropical Fruit ½ c	13	14 *Chili Con Carne 8 oz Mixed Vegetables ½ c Buttered Beets ½ c Corn Muffin 2 oz. Apple Juice 4 oz	15
18	19 * Roasted Turkey Breast 3 oz. * Gravy 2 oz. *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Mixed Fruit ½ c	20	21 Chicken Breast 2 oz. on green salad 1C tomatoes/carrots fruit ranch dressing, 1 packet Whole Grain Crackers Whole Grain Vanilla Wafers	22
25	26 *Salisbury Steak 3 oz. * w/ Gravy 2 oz. *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain White Sliced Apricots ½ c	27	28 *Sliced Ham 3 oz. w/ Pineapple Glaze * Au gratin Potatoes ½ c Cauliflower/Broccoli ½ c 2 Whole Grain Wheat Pineapple Chunks ½ c	29

Menu is subject to
change without notice,
please sign in by 11:25am

Western Reserve Area Agency on Aging - 2019

MEDINA COUNTY OFFICE FOR OLDER ADULTS

