

January 2020 WRAAA Menu

Home Delivered Meals

For Cancellations call
330-723-9514

Monday	Tuesday	Wednesday	Thursday	Friday
Menu approved by: Ann Stahlheber M.S.R.D.L.D.		1 HAPPY NEW YEAR 2020 Site Closed	2 *Swiss Steak 3 oz./Gravy *Carrots ½ c Green Beans ½ c W. G. Dinner Roll 2 oz Tropical Fruit ½ c	3 *Roasted Turkey Breast 3 oz. *Gravy 2 oz. / Stuffing ½ c *Sweet Potatoes ½ c *Spinach ½ c / Lemon Juice W.G. Wheat Banana
6 *BBQ Chicken Breast 3 oz. *Butternut Squash ½ c *Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz.	7 *Sweet & Sour Meatballs 3 Sauce 2 oz /*Brown Rice *Oriental Blend Vegetables *Green Peas ½ c Whole Grain Wheat Banana	8	9 * Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Harvard Beets ½ c Whole Grain Roll, 2 oz. Fresh Grapes 1 c	10 *2(2oz.) Stuffed Shells *w/Sauce 2 oz. *Spinach ½ c Lemon Juice *California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c
13 *Ham 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c *Cauliflower/Broccoli ½ c 2 Whole Grain White Mandarin Oranges ½ c	14 *Breaded Fish 4 oz. Tartar Sauce /Ketchup *Potato Wedges 1/c *Cole Slaw ½ c W.G. Hamburger Bun Sliced Peaches ½ c	15	16 *Chicken Cordon Bleu 6 *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers Orange	17 Boxed Lunch Tuna Sandwich
20 Martin Luther King Day Site Closed	21 *Vegetable Lasagna 6 oz *Seasoned Carrots ½ c *Spinach ½ c w. Lemon W. G. Dinner Roll Grape Juice 4 oz.	22	23 *Beef Sloppy Joe 4 oz. Seasoned Wedge Potatoes Ketchup 1 PC Harvard Beets ½ c Whole Grain Bun 2 oz. Orange	24 *Chicken Breast Stuffed w*/Broccoli 6 oz. *Green Beans ½ c *Red Cabbage ½ c 2 Whole Grain White Mixed Fruit ½ c
27 *Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, Carrots ½ c Whole Grain White Sliced Apricots ½ c	28 *Stuffed Pepper 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c	29	30 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussel Sprouts ½ c W.G. Dinner Roll 2 oz. Chunky Applesauce ½ c	31 *Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 Mandarin Oranges ½ c

Menu is subject to change
without notice

Western Reserve Area Agency on Aging - 2020

Medina County Office for Older Adults

