

FEBRUARY 2020 WRAAA MEDINA MENU

For Meal Cancellations
Call: 330-723-9514

Monday	Tuesday	Wednesday	Thursday	Friday
	Choice of : 1 % Milk or Buttermilk	Menu Approved by: Ann Stahlheber, M.S. R.D.N. L.D.		
3	4 *Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c *Red Cabbage ½ c Whole Grain Bun 2 oz. Sliced Peaches ½ c	5	6 *Sweet & Sour Meatballs 3-1 oz. Sauce 2 oz. / *Brown Rice ½ c *Green Peas ½ c Oriental Blend ½ c Whole Grain Wheat Tropical Fruit ½ c	7
10	11 *Lemon Gravy Chicken Breast *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana	12	13 *Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Grain Wheat Fresh Grapes 1 c	14
17 PRESIDENTS DAY Site Closed	18 *Salisbury Steak 3 oz. * Mushroom Gravy 2 oz. *W.G. Noodles ½ c *Swiss Chard Spinach blend ½ c *Mushrooms ½ c Whole Grain White Sliced Apricots ½ c	19	20 *Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c	21
24	25 *Chicken Breast Stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Harvard Beets ½ c Whole Grain Dinner Roll 2 oz Banana	26	27 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c	28

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

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

