

December 2019

WRAAA MENU: Medina

For meal cancellations
call: 330-723-9682

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Broccoli ½ c Red Cabbage ½ c Whole Grain White Banana	4	5 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c *Harvard Beets ½ c WG Dinner Roll 2 oz Scalloped Apples ½ c	6
9	10 *Beef Ravioli 8 oz Cereal bar, 1 oz *Green Beans, ½ c *Corn, ½ c Fruit Cocktail, ½ c Vanilla Wafers, 1 oz	11	12 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Sautéed Swiss Chard ½ c *Buttered Baby Carrots Mini Corn Muffin 1 oz Peaches ½ c	13
16	17 *Cold Sliced Turkey 3 oz Mayo 1 PC *Tomato Cuke Onion Salad ½ c *Cole Slaw ½ c Whole Grain Rye Bread Mandarin Oranges ½ c	18	19 *Hamburger 3 oz Ketchup 2 PC *Broasted Potatoes ½ c Baked Beans ½ c Whole Grain Bun Apricots ½ c	20
23	24 *Roasted Turkey Breast 3 oz *Gravy 2 oz / *Stuffing ½ c *Butternut Squash ½ c *Green Beans ½ c Whole Grain Dinner Roll 2oz Scalloped Apples ½ c	25 Christmas Day Sites Closed	26 *Beef Stew 8 oz 3 Bean Salad ½ c *Brussels Sprouts ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Mandarin Oranges ½ c	27
30	31 *Breaded Fish 3 oz *Rice Pilaf ½ c *Glazed Carrots ½ c Spinach ½ / Vinegar 1 PC Whole Grain Wheat Red grapes 1 c	Choice of 1% Milk or Buttermilk	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	

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

