

December 2018

WRAAA Brunswick MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 *Stuffed Green Pepper 6 oz. Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Rye Applesauce ½ c	6	7 *Meatballs 3-1oz *Spaghetti 1 c w/ Tomato Sauce Cauliflower ½ c Spinach ½ c w/ Vinegar 1 PC Tropical Fruit ½ c
10	11	12 *Tomato Basil Chicken 3oz. *Spaghetti 1 c. w/ Sauce Mixed Vegetables ½ c Corn w/ Red Peppers ½ c Sliced Pears ½ c	13	14 * Salisbury Steak 3 oz. W/ Gravy 2 oz. *Mashed Potatoes ½ c Baby Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz. Banana
17	18	19 *Beef Meatloaf w/ Ketchup Glaze 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Capri Blend ½ c 2 Whole Grain Wheat Pineapple Chunks ½ c	20	21 *BBQ Chicken Breast 3 oz. Green Peas ½ c *Sweet Potatoes ½ c 2 Whole Grain White Mixed Fruit ½ c
24 All Medina County Office Closed No meal	25 Merry Christmas Site Closed	26 *Beef Stew 8 oz. *Harvard Beets ½ c Mixed Vegetables ½ c Corn Muffin 2 oz. Tropical Fruit ½ c	27	28 *Stuffed Cabbage 6 oz. *Sauce 2 oz. w/ Noodles ½ c Green Beans ½ c Sliced Carrots ½ c W.G. Vanilla Wafers 1 oz. Pineapple Chunks ½ c
31		Menu Written By: Carolynn Scott	Menu Approve By: <i>Jill Riffle MS, RDN, LD</i>	Choice of: 1% Milk or Buttermilk

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

Western Reserve Area Agency on Aging - 2018
Medina County Office for Older Adults

