







Office for Older Adults
246 Northland Dr.
Medina

August 2022 Lunch Menu

Office # 330-723-9514

Monday-\$2	Tuesday	Wednesday-Free	Thursday	Friday-\$5.00
1 Homemade Beef Vegetable Soup Ham Sandwich Fruit/Dessert	2 	3 10:30: "The Do's and Don(u)t's of Downsizing" w/ free donuts and coffee 11:30: Lunch provided by Life Care Center	4	5 Picnic on the Patio 11-1 Chili-Cheese Jumbo Dog Assorted Sides & Dessert Music by: Greg Crow Sponsor: Pearlview
8 Homemade Broccoli Cheese Soup Chicken Wrap Fruit/Dessert	9	10 11:00: Mindfulness Matters by Senior Care Authority & HMC 11:30: Lunch provided by Medina Center for Rehab & Nursing	11 	12 11:00: Leo's Jammers Concert 11:30 AM Lasagna / Breadstick Green Beans, Dessert
15 Homemade Chicken Orzo Soup Fish Sandwich Fruit/Dessert	16 	17 11:00: Part 4 of "Wits Workout" by Erin from OSU Ext. Office 11:30: Lunch provided by Avenue at Medina	18	19 Luau on the Patio 11-1 Hawaiian BBQ Buffet Assorted Sides & Dessert Island Music by: Scott Sopata Sponsor: Senior & Adult Foundation
22 Homemade Tomato Garden Soup Grilled Cheese w/ Tomato Fruit/Dessert	23	24 11:00: "Technology 101" by Jim from Humana 11:30 Lunch provided by Copley Health Center	25 	26 11:00 Ukelele Concert by the OOA Silver Strings Uke Band 11:30 AM Chicken Cordon Bleu Rice Pilaf, Vegetable, Dessert
29 Homemade Creamy Mushroom Soup Turkey Club Sandwich Fruit/Dessert	30 	31 11:00: Lunch & Learn Provided by Brookdale North & South Exercise: Keep it moving		 www.mcooa.org

Farmer Market set up on front lawn
11:00-12:00, Cossel Farms

Lunch is served at 11:30

AUGUST 2022 WRAAA Medina Site MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c W.G. Cereal Bar, 1 oz Mandarin Oranges ½ c ALT=CBG T	3	4 * Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Carrots ½ c Banana ALT=CBG TR	5
8	9 *Tomato Basil Chicken 3 oz w/ Sauce 2 oz W.G. Pasta ½ c *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Diced Pears ½ c ALT=CBG RB	10	11 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Peas ½ c 2 Whole Grain Rye Cranberry Juice ½ c ALT=CBG RB	12
15	16 *Chicken Alfredo 4 oz *W.G. Pasta ½ c w 2 oz sauce *Broccoli 1/2c, *Cauliflower 1/2c W.G Roll 1 oz Sliced Pears ½ c ALT=CBG RB	17	18 *Stuffed Cabbage 6 oz *Wide Noodles ½ c Sauce 2 oz *California Blend ½ c *Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG T	19
22	23 *Stuffed Pepper 6 oz W.G. Pasta ½ c w/2 oz Sauce *Zucchini ½ c W.G. Wheat Grape Juice ½ c Banana ALT=CBG TR	24	25 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Biscuit, 2 oz Fresh Grapes 1 c ALT=CBG TR	26
29	30 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana ALT=CBG TR	31	Menu Approved By: <i>Ann Stabbeber MS, RDN, LD</i>	Choice of 1% Milk or Buttermilk *=take temperature of Milk and all food proceeded by an asterisk.

Western Reserve Area Agency on Aging – 2022

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

