

# November 2022 Medina Site

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk Or Buttermilk	1 *Tomato Basil Chicken 3oz. *W.G. Pasta ½ c w/S 2 oz. *Mixed Vegetables ½ c *Corn w/Red Peppers ½ c Breadstick, 1 oz Peaches ½ c ALT=CBG T	2	3 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB	4
7	8 *White Chicken Chili 8 oz *Corn w Red Bell Peppers ½ c *Broccoli ½ c Corn Bread, 2 oz Orange, 1 ea ALT=CBG T	9	10 *Breaded Chicken Breast Patty 3 Mayo 1 PC *Buttered Beets ½ c / *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CBG RB	11 Veteran's Day Site Closed
14	15 *Meatballs 3-1oz *Spaghetti 1/2c w/ Tomato Sauce *Green Beans ½ c *Cauliflower ½ c Whole Grain Wheat Banana, 1 ea ALT=CBG TR	16	17 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea ALT=CBG T	18
21	22 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CBG T	23	24 Thanksgiving Day Site Closed	25 County Holiday Site Closed
28	29 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange ALT=CBG TR	30	*=take temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>

Meal Cancellations Call 330-723-9514

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

