

# November 2022 Brunswick Site

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk Or Buttermilk	1	2 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c  ALT=CBG TR	3	4 Tuna Boxed Lunch No Substitutions  ALT=CBG T
7	8	9 *Salisbury Steak 3 oz w *Gravy 2z *Noodles ½ c *Red Cabbage ½ c *Gr Beans ½ c Whole Grain White Peaches ½ c  ALT = CBG RB	10	11 Veteran's Day Site Closed
14	15	16 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Spinach ½ c w Lemon 1PC WG Corn Muffin 1 oz Sliced Peaches ½ c Apple Juice 4 oz  ALT=CBG BR	17	18 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c *Broccoli ½ c Whole Grain wheat Scalloped Apples ½ c  ALT=CBG RB
21	22	23 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz  ALT=CBG RB	24 Thanksgiving Day Site Closed	25 County Holiday Site Closed
28	29	30 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *California Blend ½ c 2 Whole Grain White Apricots ½ c  ALT=CBG RB	*=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

