

January 2023 WRAAA Menu: Brunswick Menu

HAPPY NEW YEAR, 2023

Call: 330-723-9514 to cancel meal

Monday	Tuesday	Wednesday	Thursday	Friday
2 New Year's Observed Site Closed	3	4 *Stuffed Cabbage 4 oz. *w/Sauce 2 oz *Mashed Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain Wheat Sliced Apricots ½ c ALT= CBG T	5	6 Tuna Sandwich Boxed Lunches No Substitutions
9	10	11 *Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c ALT=CBG RE	12	13 *Sweet & Sour Meatballs 3-1 oz Sauce 2 oz /*Brown Rice ½ c *Oriental Blend Vegetables ½ c *Green Peas ½ c Whole Grain Wheat Orange Juice 4 oz. ALT=CBG RB
16 Martin Luther King Day Site Closed	17	18 *Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, *Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT=CBG TR	19	20 *Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC * Buttered Beets ½ c Whole Grain Bun 2 oz. Tropical Fruit ½ c ALT=CBG TR
23	24	25 *Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash ½ c *Mixed Vegetables ½ c Whole Grain White Banana ALT=CBG RB	26	27 *Breaded Fish 4 oz. Tartar Sce 1 P *Rice Pilaf ½ c *Corn ½ c *Broccoli ½ c W.G. Wheat Pineapple Tidbits ½ c ALT= CBG R T
30	31	Menu Approved by: <i>Ann Stahlheber, 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 - 2023

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

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

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

