

January 2023 WRAAA Menu: Medina 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 *Breaded Chicken Breast, 3 oz Mayo 1 PC *Carrots ½ c *Brussels Sprouts ½ c W.G. Hamburger Bun 2 oz. Applesauce ½ c ALT=CS RE	4	5 *2(2oz.) Stuffed Shells *w/Sauce 2 oz. *Spinach ½ c Lemon Juice 1 PC *California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c ALT=CBG TR	6
9	10 *Salisbury Steak 3 oz. w *Gravy *W.G. Noodles ½ c *Cauliflower ½ c *Mixed Vegetables ½ c W. G. Wheat Diced Peaches ½ c ALT=CBG TR	11	12 *Pineapple Glaze Ham 3 oz. *Scalloped Potatoes ½ c *Buttered Carrots ½ c 2 Whole Grain White Banana ALT=CBG T	13
16 Martin Luther King Day Site Closed	17 *Vegetable Lasagna 6 oz *California Blend ½ c W. G. Dinner Roll, 2 oz Mixed Fruit, ½ c Grape Juice 4 oz. ALT=CS RE	18	19 *Chicken Stir Fry, 3 oz *Chicken *Brown Rice ½ c *Kyoto Blend ½ c, *Asian Blend ½ c W.G. White Mandarin Oranges ½ c ATL=CBG RB	20
23	24 *Stuffed Peppers 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c ALT=CBG T	25	26 *BBQ Chicken, 3 oz. *Macaroni and Cheese, ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Grapes 1 c ALT =CBG RB	27
30	31 *Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange ALT= CBG RB	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

