

May 2023 WRAAA MENU- Medina Site

Call 330-723-9514 to Cancel

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 2-2 oz. Cheese Ravioli *w/Sauce 2 oz *Broccoli ½ c *Glazed Baby Carrots ½ c W. G. Dinner Roll, 2 oz Apricots ½ c ALT = CBG RB	3	4 *BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c ALT = CBG RB	5
8	9 *Fish 4 oz/Tartar Sauce 1 PC *Brown Rice ½ c *Buttered Beets ½ c *Spinach ½ c / 1 PC Vinegar 1 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG RB	10	11 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *California Blend ½ c 2 Whole Grain White Banana ALT = CBG TR	12
15	16 Medina Site Closed See you at the Fairgrounds for Senior Day!	17	18 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Bermuda Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c ALT = CBG T	19
22	23 *Beef Meatloaf 3 oz w *Gravy 2 oz / *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT= CBG TR	24	25 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Carrots ½ c *Harvard Beets ½ c 1 Whole Grain Wheat Pears ½ c ALT = CBG RB	26
29 Memorial Day Site Closed	30 *Stuffed Shells, 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Applesauce ½ c ALT = CS RB	31	Choice of 1% Milk or Buttermilk *Take Temperature of Milk and all food preceded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>

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

