

Office for Older Adults
330-723-9514
330-225-7100 Ext. 9514
330-336-6657 Ext. 9514

August 2010 WRAAA MENU

Hours of Operation
8:00 am. – 4:30 pm.
Monday – Friday



Monday	Tuesday	Wednesday	Thursday	Friday
2 * Hot Dog 2 oz Mustard 1 PC & Ketchup 1 PC Bun Oven French Fries Mixed Vegetables ½ c Apricots ½ c	3 *Mushroom Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Peas & Shredded Carrots ½ c Two Wheat Bread Banana	4 *Tangy Rib Patty 3 oz *Baked Beans ½ c Tossed Salad 1 c w/Ranch Dressing Whole Wheat Bread Bun Hot Escalloped Apples ½ c	5 *Chicken Salad 4 oz * Cole Slaw ½ c Applesauce ½ c Orange Juice 4 oz Wheat Bread Graham Crackers (3)	6 *Rigatoni w/Meat Sauce 6 oz Lima Beans ½ c Buttered Carrots Dinner Roll Sliced Pears ½ c
9 *Breaded Fish 3 oz. Tartar Sauce 1 PC Spinach ½ c w/Vinegar 1 PC Parsley Potatoes ½ c Two Rye Bread Mandarin Oranges ½c	10 *Hawaiian Chicken 3 oz *Mashed Potatoes ½ c Green Peas ½ c Two Wheat Bread Sliced Peaches ½ c	11 *Tuna Salad 3 oz *Coleslaw ½ c *Potato Salad ½ c Bun Fruit Cocktail ½ c	12 *Veal Cutlet 3 oz *Noodles Alfredo ½ c Broccoli ½ c Beets ½ c Wheat Bread Sliced Pears ½ c	13 *Cheese 1 oz Burger 2 oz Mustard 1 PC & Ketchup 1 PC Green Beans ½ c Corn w/diced Red Pepper ½ c Bun Pineapple Tidbits ½ c
16 *Pork Cutlet 3 oz *Candied Sweet Potatoes ½ c Green Peas & Pearl Onions ½ c Two Wheat Bread Fruit Cocktail ½ c	17 *Spaghetti 1 c/Meatballs 3-1 oz Parmesan Cheese 1 PC Brussel Sprouts ½ c Tossed Salad 1 c w/ Dressing 1PC Orange	18 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Succotash ½ c Two Wheat Bread Tropical Fruit Salad ½ c	19 *Turkey Fritter 3 oz Sweet Potatoes ½ c Broccoli ½ c Two Rye Bread Banana	20 *Swedish Meatballs 3-1 oz w/Gravy *Buttered Noodles ½ c Broccoli ½ c Cauliflower ½ c Rye Bread Sliced Peaches ½ c
23 *Orange Glazed Chicken 3 oz Seasoned Potato Wedges ½ c Vegetable Medley ½ c Muffin 2 oz Apple	24 *Breaded Fish 3 oz Tartar Sauce 1 PC Spinach ½ c w/Vinegar 1 PC Harvard Beets ½ c Two Wheat Bread Fruit Cocktail ½ c	25 *Veal Patty 3 oz/*Gravy 2 oz Buttered Noodles ½ c *Pinto Beans ½ c Brussel Sprouts ½ c Wheat Bread Orange	26 *Stuffed Peppers 6 oz Parsley Potatoes ½ c Buttered Carrots Two Rye Bread Sliced Pears ½ c	27 *BBQ Chicken 3 oz *Brown rice Pilaf ½ c Green Peas ½ c Cranberry Juice 4 oz Wheat Bread Pineapple Tidbits ½ c
30 *Vegetable Lasagna 6 oz Beets ½ c Broccoli ½ c Two Wheat Bread Apricots ½ c	31 *Roast Beef 2 oz/*Gravy 2 oz *Mashed Potatoes ½ c *Green & Gold Beans Two Wheat Bread Sliced Pears ½ c	Birthday Cake of the Month: Orange Cake w/ Orange Icing	% Milk or Buttermilk *=Take Temperature of Milk and all food preceded by an asterisk	Menu Written By: Carolynn Scott Menu Approved By: Janice M. Davis MS, RD, LD

Medina Co. Sr. Center
 246 Northland Dr.
 Medina, OH 44256

Wednesday Friday Programs
 330-723-9514, 330-336-6657, 330-225-7100

Call for reservations
 3 days notice
 Cost \$2.00-\$3.50

August 2010

Weds. Aug 4 \$2.00	Weds. Aug 11 \$2.00	Weds. Aug 18 \$2.00	Weds. Aug 25 \$2.00
<p style="text-align: center;">Homemade Pizza Pop Dessert</p> <p><u>Program</u> Medina Meadows Bingo @ 10:00</p>	<p style="text-align: center;">Egg Salad on Croissant Chips Dessert</p> <p><u>Program</u> Life Care of Medina Bingo @ 10</p>	<p style="text-align: center;">Chicken Patty on Bun Sweet Potato Fries Dessert</p> <p><u>Program</u> Craft Project @ 10:00 with Visiting Angels NO BINGO</p>	<p style="text-align: center;">Sausage & Gravy over Biscuit Scrambled Eggs Fruit Cup</p> <p><u>Program</u> Elm Croft Bingo @ 10:00 Movie Matinee: Avatar</p>
Fri. Aug 6 \$3.50	Fri. Aug 13 \$3.50	Fri. Aug 20 \$3.50	Fri. Aug 27 \$3.50
<p style="text-align: center;">Rigatoni w/ Italian Sausage Salad Garlic Cheese Stick Dessert</p> <p><u>Program</u> Health Talk Nurse Donna of ASAP Pearlview Bingo @ 9:30</p>	<p style="text-align: center;">Cheeseburger Potato Salad Watermelon Slice Dessert</p> <p><u>Program</u> Health Talk Liberty Residence Camelot/Emeritus Bingo @ 9:30</p>	<p style="text-align: center;"> <u>Hawaiian Day</u>  Sweet n' Sour Chicken Rice Mixed Vegetables Roll Coconut Cake</p> <p><u>Program</u> Hawaiian Day Entertainment at 11:30 Home Instead @ 9:30</p>	<p style="text-align: center;">Roast Pork Stuffing Mashed Potatoes w/ Gravy Applesauce Dessert</p> <p><u>Program</u> Lorraine of Southwest Health Cen. Life Line Samaritan Bingo @ 9:30</p>

Lunch is served at 11:30. Programs and menu are subject to change without prior notice.
 Programs start at noon unless otherwise specified.