

February 2010 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Chicken Pattie 3 oz *Diced Potatoes ½ c w/ Red Pepper & Onions Green Beans 2/3 c Two Slices Wheat Bread Sliced Peaches ½ c RB	2 *Chili Con Carne 6 oz Skin on Wedge Potatoes ½ c Mixed Vegetables ½ c Ambrosia Salad 1/2 c Crackers (4) Chewy Granola Bar T	3 *Chicken & Dumplings 6 oz Beets ½ c Chopped Broccoli ½ c Wheat Bread Banana RB	4 * Roast Pork 3 oz * Mashed Potatoes ½ c Peas & Carrots ½ c 2 Slices Wheat Bread Sliced Pears ½ c T	5 *Veal Patty 3 oz *Spanish Rice ½ c Spinach ½ c w/Lemon Juice Muffin 2 oz Tropical Fruit ½ c Apple TR
8 *Sloppy Joe 4 oz Skin on Wedge Potatoes 2/3 c Peas & Pearl Onions ½ c Bun Sliced Pears & Mandarin Orange Segments ½ c Graham Crackers (3) TR	9 * Sliced Turkey 3 oz Cranberry Sauce 1 PC *Mashed Potatoes ½ c Broccoli ½ c Two Slices Wheat Bread Fruit Cocktail ½ c BIRTHDAY CAKE RB	10 *Stroganoff 2 oz over *Pasta ½ c Diced Beets ½ c Vegetable Medley ½ c Wheat Bread Sliced Pears ½ c T	11 *Roast Beef 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Slices Wheat Bread Applesauce ½ c TR	12 *Omelet (2 Eggs) *Cheese Perogies ½ c Peas w/Shredded Carrots ½ c Wheat Bread Banana Lorna Donne (4) RB
15 SITE CLOSED PRESIDENT'S DAY	16 *Swiss Steak 3 oz Sweet Potatoes ½ c Spinach ½ c w/Lemon Juice Corn Muffin 2 oz Sliced Peaches ½ c TR	17 *Breaded Fish 3 oz Tartar Sauce 1 PC *Brown Rice Pilaf 2/3 c Asparagus ½ c *Coleslaw 2/3 c Wheat Bread Apricots ½ c BIRTHDAY CAKE RB	18 *Meatballs 3-1 oz *Gravy 2 oz *Buttered Noodles ½ c Mixed Vegetables ½ c Wheat Bread Orange Juice 4 oz Banana T	19 *Cheese Ravioli 1 c w/ Tomato Sauce Green Beans ½ c Broccoli ½ c Wheat Bread Tropical Fruit ½ c TR
22 *Breaded Chicken Filet 3 oz Mayo 1 PC Chuck Wagon Corn ½ c Baby Carrots ½ c Bun Orange T	23 *Spaghetti 1 c *Meatballs 3-1 oz Parmesan Cheese 1 PC Green Beans ½ c Broccoli & Cauliflower ½ c Apple TR	24 *Sliced Turkey 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Pinto Beans ½ c Two Wheat Bread Pineapple Tidbits ½ c RB	25 *Bratwurst 2 oz Corn ½ c Sweet Potatoes 2/3 c Mustard 1 PC Tangerine Bun BIRTHDAY CAKE T	26 *Breaded Fish 3 oz. Tartar Sauce 1 PC Spinach ½ c w/Lemon Mixed Vegetables ½ c 2 slices Rye Bread Sliced Peaches ½ c TR
Birthday Cake of the Month: White Cake with Coconut Icing	Choice of : !% Milk or Buttermilk	*= Take Temperature of Milk and all food preceded by an asterisk.	Menu Written By: Carolyn Scott Menu Approved BY: Janice M. Davis MS, RD, LD	

**Note: Box Lunch Default Menu choice is shown in the right hand corner of each day. "T"=Tuna, "TR"=Turkey, "RB"=Roast Beef
Western Reserve Area Agency on Aging - 2010**

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

♥February 2010 ♥

<p>Weds. Feb. 3 \$2.00</p> <p>Quiche Muffin Juice Dessert</p> <p>Program Medina Meadows Bingo</p>	<p>Weds. Feb. 10 \$2.00</p> <p>Soup & Sandwich</p> <p>Program Life Care of Medina Bingo</p>	<p>Weds. Feb. 17 \$2.00</p> <p>Ash Wednesday Cream of Potato Soup Garlic and Cheese Biscuit Side Dish Dessert</p> <p>Program Craft Project @ 10:00 with Comfort Keepers NO BINGO</p>	<p>Weds. Feb. 24 \$2.00</p> <p>Soup & Sandwich</p> <p>Program Elm Croft Bingo @ 10:00 Movie Matinee: Julie & Julia</p>
<p>Fri. Feb. 5 \$3.50</p> <p>Liver & Onions Mashed Potatoes Vegetable Roll Dessert</p> <p>Program "Angina and Heart Attacks" by Melissa from VPA Pearlview Bingo @ 9:30</p>	<p>Fri. Feb. 12 \$3.50</p> <p>"Valentine's Party" Chicken Pot Pie Fruit Salad Brownie Parfait</p> <p>Program Wear something red Entertainment by Al Foster Sponsored by Anthem Camelot Bingo @ 9:30</p>	<p>Fri. Feb. 19 \$3.50</p> <p>Meatloaf Baked Potato w/ sour cr. butter Carrots Roll Dessert</p> <p>Program Gold Star Dog Training by Mark Weber Pearlview Bingo @ 9:30</p>	<p>Fri. Feb. 26 \$3.50</p> <p>Eggplant Parmesan Spaghetti w/ Meatless Sauce Tossed Salad Garlic Cheese Stick Dessert</p> <p>Program John from Wellcare will give a Medicare Talk 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.