

St. Monica's Church Thanksgiving Dinner

It's that time of year again! For the St. Monica FREE Thanksgiving Day Community Meal!

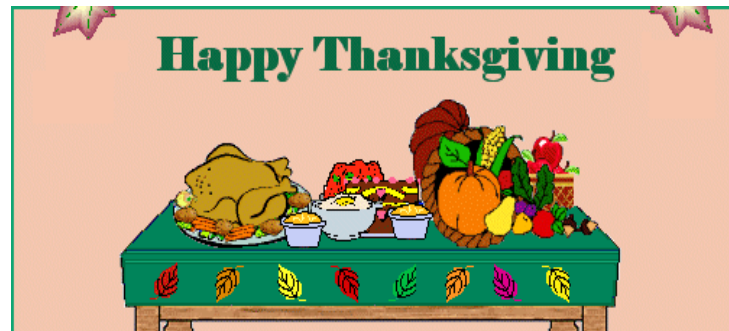
Come join your neighbors and friends at

St. Monica Church in the School Cafeteria

Sit down to a complete Thanksgiving Day Meal on November 22rd from 11AM - 1PM

13623 Rockside Rd. Garfield Heights, OH 44125

Sponsored by the Ohio Catholic Federal Credit Union



Contact Us

Give us a call for more information about our services.

Maple Heights Senior Center
15901 Libby Rd.
Maple Heights, OH 44137

(216) 587-5481

E-Mail
lvopat@mapleheightsohio.com

Visit us on the web at
www.mapleheightsohio.com



Interested in Advertising in the Golden Maple Leaves? Please Call for Details!

City of Maple Heights
Maple Heights Senior Center
15901 Libby Rd.
Maple Hts., Ohio 44137

PLACE
STAMP
HERE



GOLDEN MAPLE LEAVES



City of Maple Heights

Annette M. Blackwell , Mayor

NOVEMBER 2018

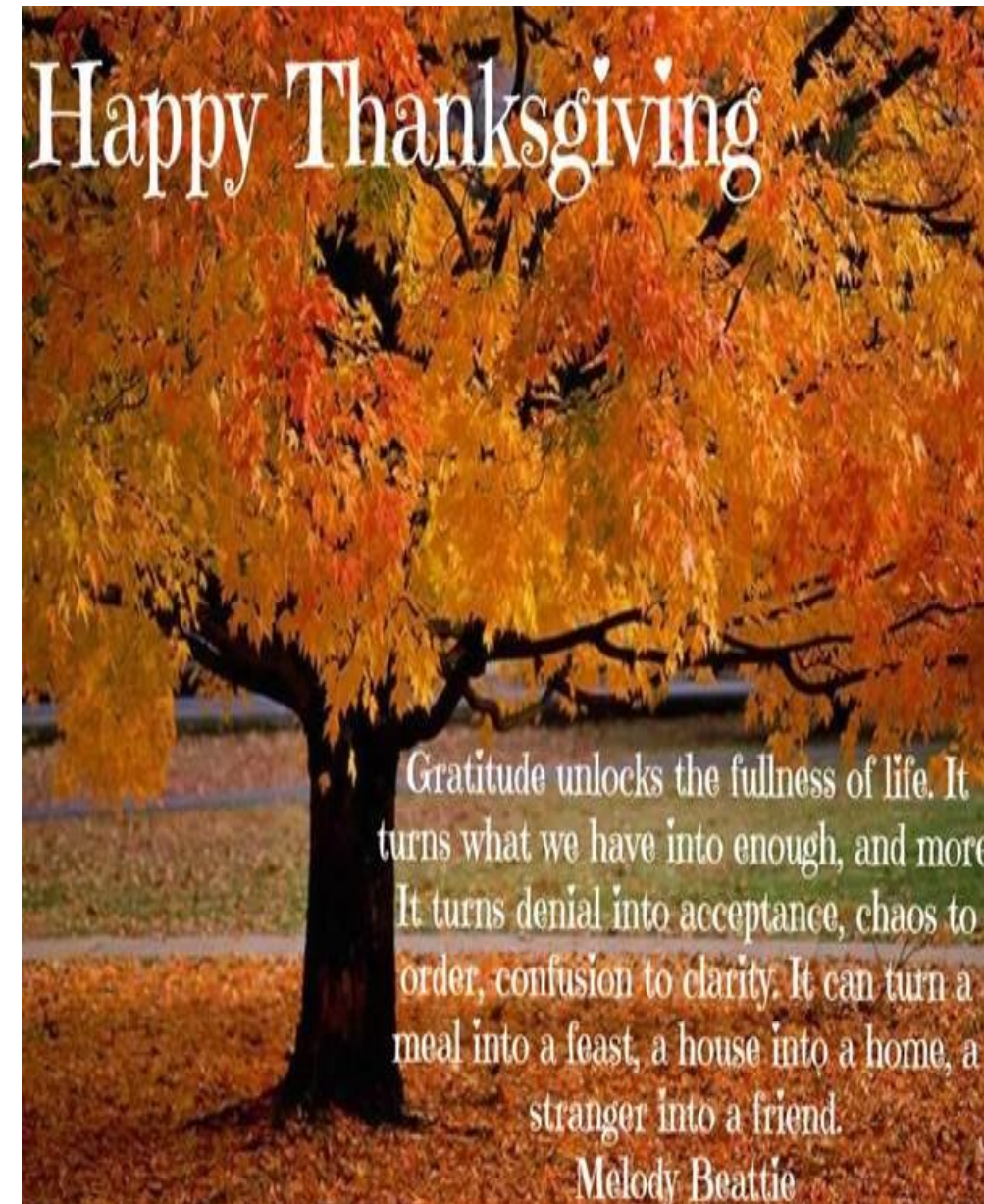
Linda M. Vopat, Director of Human Services

Meal Reservations: 216-587-0015

Fax: 216-587-9069

Transportation Reservations: 216-265-1489

Additional Information: 216-587-5481



NOV PROGRAMS AT A GLANCE

NOV 1: 9:45 Movie - The Leisure Seeker

NOV 2: 9:45 - Chair Exercise - Video

NOV 5: 9:30 USPS Mobile Mail Truck

NOV 5: 9:45 Chair Volleyball-Beach Pt.

NOV 8: 9:45 Movie - Midnight in Paris

NOV 9: 9:45 - Chair Exercise - Video

Nov 9: 10 :30 Veteran's Presentation

NOV 12: CLOSED - Veteran's Day

NOV 13: 10:30 Sr. Site Council

NOV 13: Noon November Birthday's

NOV 14: 10:45 Tai Chi Class

NOV 15: 10:00 

NOV 16: Candy Cane Craft Class with Lynn

NOV 19: 9:45 Chair Volleyball-Beach Pt.

NOV 20: 10:30 Blood Pressure - Suburban

Nov 21: 11:30 Breaking Bread

Nov 22: CLOSED - Thanksgiving Day

NOV 23: 9:45 - Chair Exercise - Video

NOV 26: 9:30 Hair Cuts—Mr. White

NOV 26: 9:45 - Chair Volleyball-Beach Pt.

NOV 27: 10:30 Site Council Meeting

NOV 28: 10:45 Tai Chi Class

NOV 28: 12:45 Sr. General Meeting - GCFB

NOV 29: 9:45 Movie - The Book Club

NOV 30: 10:00 Bunco 

Linda

Maple Heights Office On Aging | 15901 Libby Road | Maple Heights, Ohio 44137

District 1 - Stafford L. Shenett Sr.
District 2 - Toni Jones
District 3 - Ebony Miller
District 4 - Terry Woody Sr.

Members of City Council
President of Council—Ron Jackson
City Hall
5353 Lee Road
Maple Heights, Ohio 44137
Phone: 216-662-6000

District 5 - Tanglyn Madden
District 6 - Sharri Thomas
District 7 - Edwina Agee

Donations Accepted



The services offered at the Maple Heights Senior Center are funded by the City of Maple Heights, the Older Americans Act through the Ohio Department of Aging and the Cuyahoga County Division of Senior and Adult Services, through the Health & Human Services Levy. Donations are accepted for the services of Congregate and Home-Delivered Meals, Outreach, Transportation, and Escort. The decision to donate or not to donate is totally yours and will in no way affect your eligibility for these services.

Monthly Bingo

The monthly bingo is usually the third Thursday of each month and starts at 10:00 a.m. Please check the newsletter for the date each month. If you would like to stay for lunch, your meal reservation should be made on Monday or Tuesday the week before. Thank you to Sunrise Pointe for the October Bingo prizes. Bingo will be Nov 15th this Month.



Volunteers Needed

The Maple Heights Senior Center offers many opportunities for you to give of your time and talents to others. Volunteers are needed to deliver home delivered meals and to escort seniors to medical appointments. For more information or to lend a hand, call 216—587-5481.

F.Y.I.

Division of Senior and Adult Services:	1-216-420-6750
Long-Term Care	
Ombudsman Helpline:	1-800-365-3112
Long-Term Care Ombudsman:	1-216-696-2719
Western Reserve Area Agency on Aging:	1-216-621-8010

Transportation

Seniors 60 years or older who reside in the city of Maple Heights and bordering areas can request van transportation. The Maple Heights Senior van can be used for medical appointments, prescription pick-ups, grocery shopping, banking and to come to the Maple Heights Senior Center. Suggested donation is \$1.00 **each way**.

To register for the Senior Center call 216-587-5481. To make a van reservation, call the "STC Call Center" @ 1-216-265-1489 by 12 noon, three (3) business days prior to, or up to two (2) weeks in advance, Monday through Friday from 7:00 a.m. to 5:00 p.m.

Maple Hts. Nutrition Program

Provides a nutritionally sound hot meal to individuals 60 years of age or older in a friendly atmosphere. **The suggested donation for the meal is \$1.50.** Lunch is served promptly at noon unless otherwise specified. It is the Center's policy that you arrive by 11:30 a.m. for your reserved lunch, otherwise it will be offered to a person on the stand-by list. Meal reservations are made one week in advance on Monday or Tuesday. You can reserve or cancel a lunch either by phone at 216-587-0015 or in person from 9:00 AM to 5:00 PM. **We are pleased to announce additional options to your menu! We will be accepting 3 different menu choices for each day. When calling in your meal reservation, please tell us if you want the regular hot meal, the Cold Plate (CP) option of Chicken Salad w/Croissant (Monday only) or Spring Lettuce Salad w/Chicken Breast (Tues—Fri) or the Boxed Lunch (BX) option of Tuna, Turkey or Roast Beef designated on the menu for each day. We are now taking lunch reservations for the new meal options.**

Outreach Service

If you know someone in Maple Heights who is 60 plus and needs assistance, please contact Jaimie Hasenohrl to arrange an OUTREACH VISIT from 8:30 a.m. to 5:00 p.m. at 216-587-5451.

Notary Services Available

Maple Heights Resident Audrey Brandon

Has offered her services as a Notary Public to all of our Seniors. Please call 1-216-587-5481 or speak to a staff member to make an appointment with Audrey for all your Notary needs.

Medicare Assistance

Open enrollment begins on Monday October 15th and continues through December 7th. If you would like to review your Medicare health plans or have a prescription comparison completed, now is the time to do it. If you decided to switch plans they will be effective on January 1st, 2019. An OSHIP Counselor is available to all seniors at the Maple Heights Senior Center. Staff will assist you with Medicare forms and questions.

Chair Exercises - SIT and be FIT

By request of the Maple Heights Seniors, the center will be starting a weekly chair exercise class. This a 2 DVD set called SIT and be FIT for 2 complete workouts. Easy fitness for Seniors. This exercise format will be administered by Juanita Womack, Vice President of the Senior Site Council every Friday (unless other activities are planned) starting at 9:45 AM. Please check the Newsletter for weekly dates.



Veteran's Presentation

Senior Veteran Administration Services of Ohio (SVASO) will be coming to the Maple Heights Senior Center to present useful information to those qualifying veterans and surviving spouses who wish to acquire VA sponsored benefits. Nina Reimer will be here on Friday, November 9th @ 10:30 AM



Mobile Food Pantry - Here we grow again!

The City of Maple Heights and the Cuyahoga County Board of Developmental Disabilities in cooperation with the Greater Cleveland

Food Bank are sponsoring a New Mobile Farmers Market at the

Maple Heights Adult Training Center
14775 Broadway Ave.

Maple Heights, Ohio 44137

From 9:30—11:30 AM

On the third Thursday of every Month our next date will be Thursday November 15th

Please Bring Your Own Bags

Learn to Play BUNCO!

Bunco is a social dice game, traditionally played with 12 players, who are divided into three tables with 4 players at each table. But really, any number can play. Join in to play Bunco on Friday, November 30th 10:00 AM, at the Maple Heights Senior Center. Just \$1.00 to play. The money collected will then be distributed to the person(s), who wins Most Bunco's, Most Baby Bunco's, Most Wins, Most Losses! Thank you to Suburban Pavilion for providing a gift card for the person who wins the "Most Bunco's" prize.



Volunteer of the Month



Thelma Robertson for repotting the plant, which is now thriving



VOLUNTEER

Telephone Reassurance

Any elderly person who is homebound or lives alone and would like a daily phone call, please contact the Center at 216-587-5451. Let us provide you with a reassuring daily call to let you know we care.

Legal Aid for Seniors

The Legal Aid Society offers legal counseling and services to persons age 60 and over.

New intakes are processed via phone:

888-817-3777 (toll-free)

Monday, Wednesday, Friday: 9 a.m. – 4 p.m.

Tuesday, Thurs: 9 a.m. – 2 p.m.

In-person intake applications are handled:

Tuesday, Thursday 9 a.m. – 1 p.m.

At any of four Northeast Ohio Offices in Cleveland, Elyria, Jefferson & Painesville

Visit www.lasclev.org for more information

Benefits Checkup

The program is a simple way for you to learn about state and federal programs you may be eligible for. You need to use a computer and answer several simple questions. The program will bring up a list of possible programs you may qualify for. Call 216-420-6840 for more information or the website to log onto is:

www.benefitscheckup.org/link/cuyahoga

Podiatry Service

Lara S. Poduska, DPM will be available for foot care. Assignment from Medicare and Medicaid is accepted. Special arrangements can be made for persons on HMO insurances. Call Dr. Poduska's office at 216-662-0027 for an appointment.

Thank You to the Following Seniors

For donations of money, cups, sugar, creamer, coffee, Tea and/or snacks, straws & wrapping silverware.

Walter Waclawik, Lillie Scales,
Mr. & Mrs. Cesco



Hot Meals Program

The Maple Heights Lutheran Church of the Covenant will be offering a FREE Hot Meal on the last Thursday of the month. Meals will be served from 5:00 – 7:00 pm. The Maple Heights Lutheran Church of the Covenant is located at 19000 Libby Road. For a ride call 216-587-5481.

Hair Cuts - Isiah White

Isiah White is a licensed barber that will be coming to the Maple Heights Senior Center on the last Monday of each month! Except those months where there is a holiday that falls on the last Monday. He will then come the week before. The cost is \$6.00 per hair cut. He is scheduled to come at 9:30 AM. Please call 216-587-5481 to schedule your appointment. See calendar for date.



Thanksgiving Reflection

Please join us for a Thanksgiving Reflection as we break bread together at the Senior Center on Wednesday, November 21st at 11:30 AM. The reflection will be presented by a local Clergyman. Remember to make your lunch reservation on November 12th & 13th. Hope to see you there!



Senior Employment Service

Employment opportunities are available through various Senior employment services. The following agencies offer some kind of assistance for employment opportunities.

AARP Senior Employment Program: 216-881-1155

Jewish Family Service Association: 216-292-3999

National Caucus & Center on Black Aged:
216-721-9197

Parma Employment Connection: 216-898-1366

Vocational Guidance Service Incorporated:
216-431-7800

Book Delivery for Homebound-Library2you

Library2You is a free service for homebound individuals from Cuyahoga County Public Library which mails library materials to your home. Are you a Cuyahoga County resident who is unable to visit the library for one of the following reasons?

- Frail older adult age 60 and older
- Physically, visually and/or mentally impaired
- Temporarily homebound

Contact the Adult Services Department at
216-749-9307 to make arrangements.

NEW Chair Volley Ball! NEW

Our chair volley ball games are under way and so much fun! Rebecca Moore from Beachwood Pointe Care Center is coming every Monday to administer Chair Volleyball Games. Chair Volleyball is a rapidly growing sport among seniors and great exercise too! Won't you join us?



October Birthday's

On Tuesday October 9th, we celebrated birthdays at the Senior Center. The special birthday table was covered with a festive tablecloth distinguishing it from other tables in the dining room.

**Special Thank You to
Suburban Pavilion
For providing Cake!**

HAPPY BIRTHDAY!!!



Leroy Polk 10/1

Helen Gosha 10/7

Lillie Scales 10/14

Robin Lascher 10/21

Joanne Trusnik 10/6

Eugene Sordi 10/9

Gussie Weems 10/19

Marshall Foster 10/28

USPS Mobile Truck

The United States Post office Mobile truck usually visits the Maple Heights Senior Center on the first Monday of each month. This is a full service mail truck to accommodate all your mailing needs. The next visit will be @ 9:30 AM on

Monday, November 5, 2018

Blood Pressure Screening - Tuesday

Mason Yoder from Suburban Pavilion will be doing blood pressure screenings on the Third Tuesday of every month at 10:30 AM



Suburban Pavilion Nursing
and Rehabilitation Center



November Movies - 2nd Floor

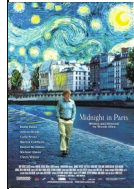


Thursday, November 1st - The Leisure Seeker

6.6/10 (2017)

A runaway couple go on an unforgettable journey in the faithful old RV they call The Leisure Seeker.

Stars: Helen Mirren, Donald Sutherland, Christian McKay



Thursday, November 8th - Midnight in Paris

7.7/10 (2011)

While on a trip to Paris with his fiancée's family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s everyday at midnight.

Stars: Owen Wilson, Rachel McAdams, Kathy Bates



Thursday, November 29th - The Book Club

6.2/10 (2018)

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

Stars: Diane Keaton, Jane Fonda, Candice Bergen

Free Tai Chi Classes

In cooperation with the Maple Heights Adult Activities Center is offering a free Tai Chi Class on Wednesday Mornings from 10:45-11:15. The classes will be every other Wednesday, starting in 2018. Transportation will be available from the Maple Heights Senior Center leaving at 10:15 AM. You can drive directly to the activity center at the Maple Heights Adult Activities Center 14775 Broadway Ave., Maple Heights. For more Information call 1.216.587.5481



Candy Cane Craft Class

Learn to make this beautiful candy cane craft. This Craft class will be on Friday November 16th beginning at 9:45 am. All the supplies you need will be provided to make this cute craft. Please bring a pair of **sharp** scissors and if you have a glue gun with glue sticks please bring that too, there will be some minor gluing. Put this decoration on your door or on a wall in your home to decorate for the holidays. The cost will be just \$10.00 each. We are limited to 12 crafters and 2 finished candy canes will be for sale!



FUNDRAISING FUNDS FOR (NAME OF THE ORGANIZATION):	
YOUR NAME:	
YOUR PHONE:	
DATES TO RETURN FORM:	
Make checks payable to your organization.	
EXAMPLE: John Smith	
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ITEM TOTALS	
	PT PENGUIN TIN 15 oz. Tin - \$15.00 RT REINDEER TIN 14 oz. Tin - \$15.00 SF SNOWFLAKE TIN 11 oz. Tin - \$13.00 CS WHOLE CASHEWS SALTED 10 oz. Bag - \$12.00 CU WHOLE CASHEWS UNSALTED 10 oz. Bag - \$12.00 NP NATURAL PISTACHIOS 10 oz. Bag - \$12.00 HP HONEY PEANUTS 10 oz. Bag - \$6.50 PH PECAN HALVES 8 oz. Bag - \$14.00 CP CHOCOLATE PEANUTS 11 oz. Bag - \$10.00 CR CHOCOLATE RAISINS 12.5 oz. Bag - \$10.00 PS CHOCOLATE PRETZEL STICKLETS 9 oz. Bag - \$10.00 DR DARK CHOCOLATE RAISINS 12.5 oz. Bag - \$12.00 DA DARK CHOCOLATE ALMONDS 11 oz. Bag - \$13.00 MB MILK CHOCOLATE MALT BALLS 11 oz. Bag - \$10.00 FM FANCY GOURMET NUT MIX 10 oz. Bag - \$11.50 SD SNOW DAY TRAIL MIX 11 oz. Bag - \$8.00 CN DARK CHOCOLATE NON-PAREILS 11 oz. Bag - \$12.00 CA CANDY PEBBLES 11 oz. Bag - \$12.00 SW SOUR GUMMI WORMS 10 oz. Bag - \$8.00 GB GUMMI BEARS 11 oz. Bag - \$8.00
	\$34.00 AMOUNT DUE  WINTER 2018-2019 FUNDRAISING PRODUCT BROCHURE



Maple Heights Senior Center Annual Nut Fund Raiser

Taking orders for fresh and delicious nuts to Benefit
the Maple Heights Senior Center.
All payments are due upon ordering. Please make checks payable to the
Maple Heights Senior Advisory Site Council

Ordering deadline is December 7th



Rekindle a Memory Brighten a Life

Mayor Annette M. Blackwell presents
Rekindle a Memory Brighten a Life

You are cordially invited to attend the holiday lighting ceremony at
Maple Heights City Hall on December 1, 2018 at 4:30 - 6:00 PM

As we celebrate restoring hope for a brighter future for Maple Heights, we invite you to
donate \$3.00, for a light to decorate City Hall. The light will represent a tribute to a family
member or friend and/or will honor the memory of a loved one. Your donation will go directly
to the Maple Heights Food Pantry to continue to provide food security to our residents.

**The lights will shine in honor of your loved ones from
December 1st through January 4th.**

Please make your contribution today. Just complete the attached form and mail or bring it
along with your check to:

**The Maple Heights Senior Center
15901 Libby Road
Maple Heights, Ohio 44137
We will inform your honoree of your gift.**

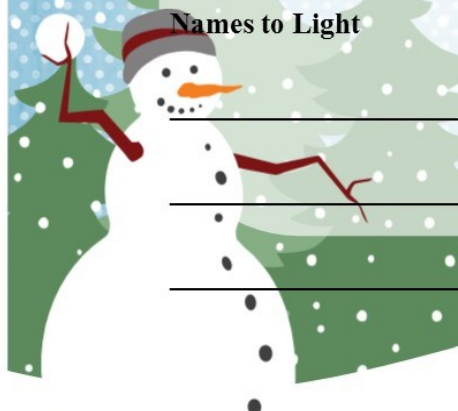
Your Name: _____ Phone: _____

Address: _____

Names to Light

Check One
Memory/Honor

Acknowledge to
Name/Address





Represent your city in

The Inaugural

Northeast Ohio Mind Challenge for the New Majority,

Be a team player in this trivia related competition.

Here's How It Works!

- Local municipalities and Senior Centers will each seat a team to compete against other cities in the Northeast Ohio region. Cash prizes (and bragging rights) will be awarded to the municipality and team members.
- All participants, regardless of team placement will receive a T-Shirt and the opportunity to attend the Mind Challenge Championship Event in May, 2019 in Solon.
- Competition will begin in January for the opportunity to make the team representing your city .
- The team will include the top 4 scorers and 2 alternates.
- Participants may register as individuals or in groups of two.

There is NO Registration or Participation Fee.

Play-off competition against other municipal teams will follow with;
the Smart Sixteen (February), Elevated Eight (March),
Fact Finding Four (April) and Mind Challenge Championship (May).

Date: Local competition, playoff and championship dates will be announced in December. Let's get out there and win for your city!

Sign-Up Deadline: Dec. 14



MIND CHALLENGE PARTICIPATING CITIES

SHAKER HEIGHTS	LAKEWOOD
CLEVELAND HEIGHTS	CLEVELAND*
BRECKSVILLE	WESTLAKE
BROADVIEW HEIGHTS	BEACHWOOD
HIGHLAND HEIGHTS	PARMA HEIGHTS
ROCKY RIVER	MIDDLEBURG HEIGHTS
OLON	STRONGSVILLE
MAPLE HEIGHTS	MENTOR
SOUTH EUCLID	HILLCREST YMCA+
LYNDHURST	
MAYFIELD HEIGHTS	
MAYFIELD VILLAGE	

*Through the Phyllis Wheatley Association

+ Independent of the cities but very active in the senior community

REACHING IN EXCESS OF 250,000 CITIZENS IN NORTHEAST OHIO

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1) Movie: 9:45 AM – The Leisure Seeker 	2) 9:45 AM - Chair Exercises with Video 
5) Meal Reservations , 9:30 USPS Mail Truck, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore 	6) Meal Reservations 	7) 1:00 PM Bid Whist, 7:00 PM Council Meeting 	8) Movie: 9:45 AM – Midnight in Paris 	9) 9:45 AM - Chair Exercises with Video, 10:30 AM - SVASO Presentation  
12) CLOSED – Veteran's Day 	13) Meal Reservations , 10:30 AM Senior Site Council, Noon November Birthday's Sponsored by Walton Manor  	14) 10:45 Tai Chi Class, 1:00 PM Bid Whist,  	15) 10:00 Bingo Sponsored by Suburban Pavilion. 	16) 9:45 AM – Craft Class – Candy Cane Pavilion. 
19) Meal Reservations , 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore 	20)) Meal Reservations , 10:30 AM Blood Pressure Sponsored by Suburban Pavilion 	21) 11:30 Breaking Bread, 1:00 PM Bid Whist, 7:00 PM Council Meeting  	22) CLOSED – Thanksgiving Day 	23) 9:45 AM - Chair Exercises with Video 
26) Meal Reservations , 9:30 Hair Cuts Isiah White – Licensed Barber, 9:45 Chair Volleyball Sponsored by Beachwood Pointe Administered by Rebecca Moore  	27)) Meal Reservations , 10:30 AM Senior Site Council Meeting 	28) 10:45 Tai Chi Class, 12:45 General Meeting Speakers from the Greater Cleveland Food Bank, Terry Round & Bob Carter, 1:00 PM Bid Whist   	29) Movie: 9:45 AM – The Book Club 	30) 10:00 AM - Bunco 

Meal Reservations are taken on Monday and Tuesday, One Week in Advance, @ 216.587.0015

Revised November 2018 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
*=Take Temperatures of milk and all food proceeded by an asterisk. Choice of: 1% Milk or Buttermilk	Menu Written By: Carolynn Scott	Menu Approved By: <i>Jill Riffle MS, RDN, LD</i>	1 * Chicken Ala King 8 oz. *Baby Lima Beans ½ c Sliced Carrots ½ c W. G. Dinner Roll 2 oz Pineapple Chunks ½ c ALT= CBG RB	2 *Meatballs 3-10z *Spaghetti 1 c w/ Tomato Sauce Cauliflower ½ c Spinach ½ c w/ Vinegar 1 PC Sliced Pears ½ c ALT=CBG TR
5 *Roasted Turkey Breast 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Broccoli ½ c Blueberry Muffin 2 oz Orange ALT = CS RB	6 *Rosemary Rub Roasted Pork Loin 3 oz. Green Peas ½ c Butternut Squash ½ c W.G. Dinner Roll 2 oz Escaloped Apples ½ c ALT=CBG T	7 *Breaded Fish 4 oz Tartar Sauce 1 PC Tater Tots ½ c w/ Ketchup 1PC Spinach ½ c Whole Grain Wheat Mixed Fruit ½ c W.G. Vanilla Wafers 1 oz ALT= CBG RB	8 *Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC Green Beans ½ c Whole Grain Bun Sliced Apricots ½ c ALT=CBG T	9 * Salisbury Steak 3 oz. w/ Gravy 2 oz. *Mashed Potatoes ½ c Baby Carrots ½ c 2 Whole Grain Wheat Banana ATL=CBG TR
12 Veteran's Day Site Closed	13 *Tomato Basil Chicken 3oz. *Spaghetti 1 c. w/Sauce Mixed Vegetables ½ c Corn w/ Red Peppers ½ c Sliced Pears ½ c ALT =CS RB	14 *Beef Meatloaf w/ Ketchup Glaze 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Capri Blend ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT=CBG TR	15 *Sliced Ham 3 oz. w/ Pineapple Glaze *Cheesy Potatoes ½ c Broccoli ½ c W. G. Dinner Roll 2 oz Escaloped Apples ½ c ALT=CBG T	16 *BBQ Chicken Breast 3 oz Green Peas ½ c *Sweet Potatoes ½ c 2 Whole Grain White Mixed Fruit ½ c ALT=CBG RB
19 *Chili Con Carne 8 oz. Corn w/ Red Peppers ½ c Mixed Vegetables ½ c Rye Bread W.G. Vanilla Wafers 1 oz Applesauce ½ c ATL =CS T	20 Stuffed Green Pepper 6 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Rye Banana ALT=CBG TR	21 *Turkey 3 oz. w/ Gravy 2 oz. Stuffing 4 oz *Sweet Potatoes ½ c Spinach ½ c Mandarin Oranges ½ c ALT=CBG RB	22 Thanksgiving Day Site Closed	23 *BBQ Rib Patty 3 oz. *Scalloped Potatoes ½ c Broccoli ½ c W. G. Hamburger Bun Pineapple Chunks ½ c ALT=CBG TR
26 *Swedish Meatballs 3 oz. *Noodles ½ c Green Beans ½ c Red Cabbage ½ c Whole Grain Wheat Sliced Pears ½ c ALT= CS TR	27 *Beef Stew 8 oz. *Spinach ½ c Mixed Vegetables ½ c Corn Muffin 2 oz Tropical Fruit ½ c ALT=CBG T	28 *Breaded Chicken Breast Patty Mayo 1 PC 3 oz Harvard Beets ½ c Broccoli ½ c W. G. Hamburger Bun Orange Juice 4 oz. ALT=CBG RB	29 *Stuffed Cabbage 6 oz *Sauce 2 oz *Buttered Noodles ½ c Green Beans ½ c Sliced Carrots ½ c W.G. Vanilla Wafers 1 oz Sliced Peaches ½ c ALT=CBG TR	30 *Chicken Cacciatore 3 oz. *Sauce 2 oz. *Brown Rice ½ c Green Peas ½ c Brussel Sprouts ½ c Whole Grain Wheat Sliced Apricots ½ c ALT=CBG RB

Western Reserve Area Agency on Aging - 2018

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 2/Chicken Breast

