

ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES AREA AGENCY ON AGING NUTRITION DEPARTMENT

Metz Culinary Management

REVISED CONGREGATE MEAL MENU 4/16/24 May 2024

		May 1	May 2	May 3
		Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango Sugar Cookie	Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Bread w/Margarine Fresh Pear Chocolate Chip Cookie	Mojo Marinated Cod Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Fresh Clementine
May 6	May 7	May 8	May 9	May 10
Chicken Alfredo Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie	Firehouse Chili Broccoli Brown Rice Bread w/Margarine Cantaloupe Saltine Crackers	Classic Cobb Salad Salad Greens w/Dressing Bread w/Margarine Fresh Orange	Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread w/Margarine Greek Yoghurt w/Berries	Sausage and Peppers w/Hoagie Roll Diced Potatoes Peppers & Onions Fresh Fruit Salad
May 13	May 14	May 15	May 16	May 17
Beef Stroganoff Buttered Rotini Peas Side Salad Pound Cake w/Strawberries	Meatloaf w/Gravy Mashed Potatoes Green Beans Bread w/Margarine Banana Bread	BBQ Turkey Flatbread Potato Salad Fresh Cantaloupe	Chicken Cordon Bleu Carrots Butternut Squash Soup Bread w/Margarine Strawberry Banana Applesauce	Swedish Meatballs Buttered Noodles Carrots Fresh Fruit Salad
May 20	May 21	May 22	May 23	May 24
Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe	Penne w/Meatballs Broccoli Side Salad w/Dressing Jell-O	Chicken BLT Salad Salad Greens w/Dressing Bread w/Margarine Fresh Fruit Salad	Vegetable Lasagna Carrots Roasted Red Peppers Bread w/Margarine Greek Yoghurt	Pub Steakburger w/Cheese Carrots w/Ranch Dip Stuffed Pepper Soup Ketchup Chocolate Pudding
May 27	May 28	May 29	May 30	May 31 🛛 🥙
Stir Veg Bre Diced Physical Ph	Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Bread w/Margarine Chocolate Pudding	Ham Salad Sandwich Broccoli Slaw Fresh Grapes	Maple Glazed Pork w/Cider Gravy Sweet Potato Cubes Brussels Sprouts Bread w/Margarine Oatmeal Cookie	Chicken Filet Parmesan Zucchini Parmesan Soup Penne w/Sauce Strawberry Spinach Salad w/Dressing Chocolate Chip Cookie

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.



Remember our fallen heros. They are the reason that we are free.