


ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT
SEPTEMBER 1 – SEPTEMBER 30, 2022



CONGREGATE MEAL MENU



CONGREGATE MEAL MENU			September 1	September 2
			Chicken Breast w/Gravy Potatoes w/Chives & Parsley Midori Blend Veggies Multi-Grain Bread Strawberry Fruit & Grain Bar	Coney Island Hot Dog w/Beef Chili Peas and Corn Whole Wheat Hot Dog Bun Pineapple
September 5	September 6	September 7 Birthday Menu	September 8	September 9
SENIOR CENTERS CLOSED 	Tuna Noodle Casserole w/Peas Stewed Tomatoes Honey Wheat Bread Tropical Fruit Mix	Chicken Divan w/Egg Noodles Broccoli Spears Little Debbie dessert	Cod w/Lemon Pepper Seasoning Cold Beets Macaroni & Cheese Rye Bread Pineapple & Mandarin Oranges	Open Face Meatloaf Sandwich w/Gravy Roasted Potatoes Cauliflower, Carrot Coins, Red Peppers White Bread Banana
September 12	September 13	September 14	September 15	Sept 16
Beef Tips w/Gravy Confetti Couscous Orange Glazed Carrots Wheat Bread Pineapple	Turkey w/Gravy & Stuffing Cranberry Sauce Broccoli Pears	Stuffed Pepper Garlic Whipped Potatoes Yellow Beans Italian Bread Apple	Pork Loin w/Mustard Glaze Yams w/Brown Sugar & Margarine Brussels Sprouts Dinner Roll Applesauce	Chicken Patty w/Mozzarella Cheese & Marinara French Cut Green Beans Honey Wheat Bread Orange
September 19	September 20	September 21	September 22	September 23
Lemon Garlic Cod Cabbage & Noodles Peas Rye Bread Fuji Apple	Turkey Meatballs w/Teriyaki Sauce Scalloped Potatoes Broccoli Dinner Roll Apricots	Stuffed Cabbage Garlic Whipped Potatoes Carrot Coins Wheat Bread Peach Cuts	Roast Beef w/Gravy Brown Rice Beets Multi-Grain Bread Orange Fig Newtons	Chicken Breast w/Mushroom Gravy Roasted Potatoes Red Cabbage Honey Wheat Bread Banana
September 26	September 27	September 28	September 29	September 30
Spiral Pasta w/Meat Sauce Green & Wax Beans Wheat Bread Orange	Creole Chicken w/Sauce Cauliflower Brown Rice Pilaf Dinner Roll Pineapple Oatmeal Cookie	Roast Beef w/Gravy Lemon Potatoes Stewed Tomatoes & Zucchini Rye Bread Fruit Cocktail	BBQ Pulled Pork Au Gratin Potatoes Broccoli Wheat Bun Apple	Beef Hamburger & Bun Baked Beans Carrots Tangerine

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 July contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.