

ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES
 AREA AGENCY ON AGING
 NUTRITION DEPARTMENT
 JULY 2 – JULY 31, 2018

Monday 7/2/18	Tuesday 7/3/18	Wednesday 7/4/18	Thursday 7/5/18	Friday 7/6/18
Beef Hamburger Baked Beans Sliced Carrots Hamburger Bun Cantaloupe Cuts Ketchup	Creole Chicken Sliced Beets Dinner Roll White Rice Orange	<u>Independence Day</u> 	Meatloaf with Gravy Whipped Potatoes Green & Wax Beans Wheat Bread Macintosh Apple	Turkey Sandwich with Provolone Cheese Potato Salad Zippy Maters Wheat Bun Nectarine Yellow Mustard
7/9/18	7/10/18	7/11/18	7/12/18	7/13/18
Baked Cod with Paprika Au Gratin Potatoes Broccoli Florets Multi-Grain Bread Gala Apple Tartar Sauce	Baked Round Steak with Gravy Glazed Yams Italian Green Beans with Red Pepper Wheat Bread Fruit Cocktail	<u>Birthday Menu</u> Turkey Teriyaki Meatballs with Sauce Brown Rice Sliced Carrots Chocolate Cupcake	Chicken Cacciatore with Sauce Noodles Leaf Spinach Dinner Roll Pineapple Tidbits	Cold Roast Beef Sandwich with Swiss Cheese & Honey Mustard Coleslaw Tomato Lettuce Leaf White Bean Salsa Rye Bread Plum
7/16/18	7/17/18	7/18/18	7/19/18	7/20/18
Pork Loin with Apple Glaze Whipped Potatoes Peas & Carrots Multi-Grain Bread Sliced Peaches	Chicken Salad Macaroni Salad Cherry Tomato Salad Wheat Bread Nectarine	Salisbury Steak with Gravy Scalloped Potatoes Italian Green Beans Wheat Bread Cantaloupe Cuts	Chicken Leg & Thigh Lemon Potatoes Broccoli Florets Honey Cracked Wheat Bread Plum	Bow Ties with Meat Sauce French Style Green Beans Tossed Salad Italian Bread Fruit Cocktail Light Italian Dressing
7/23/18	7/24/18	7/25/18	7/26/18	7/27/18
Turkey with Gravy Butternut Squash with Margarine & Cinnamon Stewed Tomatoes Multi-Grain Bread Red Delicious Apple 2" Oatmeal-Raisin Cookie	Tuna Salad Potato Salad Sweet & Sour Coleslaw Dinner Roll Plum	Stuffed Cabbage with Ground Beef Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Mandarin Oranges & Pineapple Cuts	Baked Cod with Lemon Wedge Cheese Tortellini with Marinara Sauce French-Cut Green Beans Honey Cracked Wheat Bread Orange	Chef's Salad Bowl Chicken Strips Cheddar Cheese Lettuce & Tomato Wedges Chick Pea Salad Italian Bread Watermelon Cuts Light French Dressing
7/30/18	7/31/18			
Pepper Steak with Gravy Green Peppers, Onions, Tomatoes Barley Wheat Bread Fruit Cocktail	BBQ Pork Au Gratin Potatoes Peas & Carrots Hamburger Bun Nectarine			

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.