

ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
OCTOBER 1 - OCTOBER 31, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
10/1/18 Turkey Divan with White Sauce Broccoli Spears Dinner Roll Brown Rice Apricots	10/2/18 Beef Tips with Gravy Carrot Coins Rye Bread Noodles Orange	10/3/18 Boneless Pork with Dijon Sauce Scalloped Potatoes Mixed Vegetables Honey Cracked Wheat Bread Applesauce w/Cinnamon	10/4/18 Chicken Breast with Gravy Whipped Potatoes Stewed Tomatoes with Green Beans Multi-Grain Bread Granny Smith Apple	10/5/18 Meatloaf with Gravy Whipped Butternut Squash Capri Mixed Vegetables Wheat Bread Mandarin Oranges w/Pineapple Cuts
10/8/18 <u>Columbus Day</u> Chicken Leg & Thigh Yams with Margarine & Brown Sugar Cauliflower Multi-Grain Bread Pears	10/9/18 Baked Cod with Dill Weed Green Beans Wheat Bread Creamy Tomato Macaroni & Cheese Yellow Delicious Apple	10/10/18 <u>Birthday Menu</u> Cabbage Roll with Tomato Sauce Whipped Potatoes Tossed Salad Pumpkin Roll	10/11/18 Turkey with Gravy Lemon Parsley Potatoes Carrot Coins Wheat Bread Orange	10/12/18 Roast Beef with Gravy Orzo with Peas & Carrots in Broth Brussels Sprouts Wheat Roll Banana
10/15/18 Swiss Steak with Gravy Brown Rice Broccoli Dinner Roll Fruit Cocktail	10/16/18 Chili Shredded Cheddar Cheese Coleslaw Rye Bread Macaroni Apple	10/17/18 Teriyaki Meatballs with Gravy Scalloped Potatoes Italian Green Beans with Red Pepper Wheat Bread Pineapple Chunks	10/18/18 Apple & Spice Pork with Sauce Sauteed Zucchini & Yellow Squash Rye Bread Wide Cabbage & Noodles Orange	10/19/18 Chicken Marinara Oven Browned Potatoes Spinach Salad w/Mandarin Oranges Multi-Grain Bread Tapioca
10/22/18 Turkey with Gravy Whipped Yams Broccoli Florets, Corn, & Peppers Wheat Bread Macintosh Apple	10/23/18 Baked Cod Au Gratin Potatoes Stewed Tomatoes & Zucchini Multi-Grain Bread Fruit Cocktail	10/24/18 Chicken Paprika with Sauce Carrot Coins Wide Noodles Dinner Roll Orange	10/25/18 Bow Ties in Meat Sauce Tossed Salad Italian Bread Pineapple Cuts	10/26/18 Hearty Beef Stew Yellow Beans Brown Rice Honey Cracked Wheat Bread Banana
10/29/18 Boneless BBQ Country Ribs Scalloped Potatoes Cauliflower with Red Pepper Wheat Bread Red Delicious Apple	10/30/18 Chili Shredded Cheddar Cheese Carrot Coins Barley Rye Bread Pineapple Cuts	10/31/18 <u>Halloween Menu</u> Chicken Leg & Thigh with Gravy Broccoli Florets White Bread Brown Rice Pilaf Pumpkin Mousse		
				

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.