

ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NOVEMBER 1 – NOVEMBER 30, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			11/1/18 Open Face Turkey Sandwich Savory Potatoes Green Beans Multi-Grain Bread Tangelo Graham Crackers	11/2/18 Meat Loaf (Beef) Tomato Basil Sauce Horseradish Whipped Potatoes Sliced Beets Honey Cracked Wheat Bread Sliced Pears
11/5/18 Lemon Pepper Cod Cabbage & Noodles Peas & Carrots Wheat Bread Fruit Cocktail	11/6/18 Election Day Penne with Meatballs (Beef) Mixed Green Salad Italian Bread Macintosh Apple	11/7/18 Hot Dog & Chili Whipped Squash Creole Green Beans Multi-Grain Hot Dog Bun Orange	11/8/18 Birthday Menu Chicken Dinner Salad Coleslaw Dinner Roll Ginger Bread	11/9/18 Stuffed Pepper Whipped Potatoes Mixed Vegetables Wheat Bread Banana
11/12/18 Pork Loin with Gravy Cider Yams Brussels Sprouts Honey Cracked Wheat Bread Sliced Peaches	11/13/18 Tuna Salad Cherry Tomatoes Coleslaw Rye Bread Gala Apple	11/14/18 Holiday Menu Turkey with Gravy Garlic Whipped Potatoes Italian Green Beans with Red Pepper Stuffing Cranberry Sauce Pumpkin Pie	11/15/18 Baked Lemon Garlic Cod Cheese Tortellini with Marinara Sauce Beet Slices Wheat Bread Banana	11/16/18 Salisbury Steak with Gravy Scalloped Potatoes Broccoli & Cauliflower Florets Dinner Roll Orange
11/19/18 Chicken Leg & Thigh Horseradish Whipped Potatoes Acorn Squash with Cinnamon Multi Grain Bread Pear Cuts	11/20/18 Bowtie Pasta with Beef Meat Sauce Tossed Salad Wheat Bread Orange	11/21/18 BBQ Beef Sandwich Parsley Potatoes Green & Wax Beans Wheat Bun Pineapple Cuts	11/22/18 Thanksgiving Day 	11/23/18 Baked Cod with Dill Au Gratin Potatoes Stewed Tomatoes Honey Cracked Wheat Bread Fruit Cocktail Graham Crackers
11/26/18 Beef Tips with Gravy Orzo Rye Bread Carrot Coins Tangerine	11/27/18 Chicken Breast with Gravy Whipped Butternut Squash Green Beans Multi-Grain Bread Pear Slices	11/28/18 Beef Meatloaf Whipped Potatoes Capri Mixed Vegetables Wheat Bread Cinnamon Applesauce	11/29/18 Pork Dijon Scalloped Potatoes Old Bay Corn & Tomatoes Honey Cracked Wheat Bread Banana	11/30/18 Turkey Divan Broccoli Spears Brown Rice Dinner Roll Peach Cuts

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.