

ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
MARCH 1 – MARCH 29, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				3/1/19 Chicken Salad Marinated Green Beans Potato Salad Dinner Roll Pineapple Cuts
3/4/19 Chicken Breast with Thin Gravy Brown Rice Pilaf Broccoli Florets Multi-Grain Bread Yellow Delicious Apple	3/5/19 Roast Beef & Gravy Whipped Potatoes Carrot Coins with Parsley Rye Bread Oatmeal-Raisin Cookies	3/6/19 <u>Ash Wednesday</u> Baked Cod Florentine Haluski Honey Cracked Wheat Bread Banana	3/7/19 Meatloaf with Tomato Gravy Cauliflower Florets Yams with Brown Sugar Italian Bread Fruit Cocktail	3/8/19 Tuna Salad Marinated Cucumber Slices Cottage Cheese with Pineapple Tidbits Wheat Bread Orange
3/11/19 Apple Spice Pork with Sauce Two-Rice Pilaf Italian Green Beans with Red Pepper Dinner Roll Pear Slices	3/12/19 Chicken Dinner Salad (chicken, spinach, red peppers, cucumbers) Hard Cooked Egg Sliced Beets Multi-Grain Bread Fuji Apple	3/13/19 Salisbury Steak with Thin Gravy Potatoes with Old Bay Seasoning California blend Wheat Bread Orange	3/14/19 <u>St. Patrick's Day</u> Corned Beef & Cabbage Whipped Horseradish Potatoes Cabbage with Caraway Seeds Rye Bread Sugar Cookie	3/15/19 Baked Cod with Lemon Wedge Au Gratin Potatoes Creole Green Beans Multi-Grain Bread Apricots Graham Crackers
3/18/19 Sliced Turkey Yams with Cinnamon & Brown Sugar Mexican mixed vegetables Multi-Grain Bread Fruit Cocktail	3/19/19 Cold Roast Beef & Swiss Cheese Tomatoes & Cucumbers Potato Salad Wheat Bun Orange Horseradish Sauce	3/20/19 <u>Birthday Menu</u> Stuffed Cabbage Whipped Potatoes Carrots Pineapple Cake with Powdered Sugar Dusting	3/21/19 Chicken Leg & Thigh Gourmet Potatoes Broccoli Florets Dinner Roll Macintosh Apple	3/22/19 Tuna Patty Macaroni & Cheese Stewed Tomatoes Honey Cracked Wheat Bread Peaches and Pears
3/25/19 Beef Chili (beef, kidney beans, onions, celery) Sauteed Yellow Beans & Zucchini Orzo Saltines Orange	3/26/19 Pork ala Pizzaiola Lemon Potatoes Broccoli Florets Rye Bread Fruit Cocktail	3/27/19 Turkey with Thin Gravy Candied Yams Snap Peas, Corn, Green Pepper, Lima Beans Wheat Bread Sliced Peaches	3/28/19 Swiss Steak with Thin Gravy Whipped Potatoes Orange Glazed Carrot Coins Fuji Apple	3/29/19 Baked Cod with Dill Sauce Scalloped Potatoes Italian Green Beans with Red Pepper Multi Grain Bread Pineapple Cuts Fig Newtons

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.