

ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES
 AREA AGENCY ON AGING
 NUTRITION DEPARTMENT
 MAY 1 – MAY 31, 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
				5/1/19 Older American's Day Chicken Breast with Mandarin Orange Glaze Gourmet Potatoes French Cut Green Beans & Almonds Boston Crème Roll		5/2/19 Rotini in Meat Sauce Broccoli Florets Italian Bread Orange		5/3/19 Turkey with Gravy Savory Potatoes Carrots Multi-Grain Bread Apricots			
		5/6/19 Tuna Burger Stewed Tomatoes with Zucchini Cabbage & Noodles Wheat Bun Cantaloupe Cuts Tartar Sauce		5/7/19 Roast Beef with Tomato Gravy Au Gratin Potatoes Yellow & Green Beans Multi-Grain Bread Orange		5/8/19 Chicken ala King in Sauce Broccoli, Carrots Honey Wheat Bread Brown Rice Apricots		5/9/19 Meatloaf with Gravy Garlic Whipped Potatoes Peas Wheat Bread Red Delicious Apple		5/10/19 Mandarin Chicken Salad Potato Salad Triple Bean Salad Dinner Roll Pineapple & Mandarin Oranges	
		5/13/19 Swiss Steak with Tomatoes & Onions with Gravy Vegetable Medley Rye Bread White Rice Pilaf Orange		5/14/19 Chicken Breast w/ Marsala sauce Yams with Margarine & Brown Sugar Broccoli Florets Honey Wheat Bread Apricots		5/15/19 Roast Beef w/Provolone Coleslaw Onion, corn & tomato salad Whole Wheat Bun Yellow Delicious Apple		5/16/19 Turkey Meatballs in Teriyaki Sauce Scalloped Potatoes Green Beans Multi-Grain Bread Pineapple Tidbits		5/17/19 Birthday Menu Stuffed Pepper with Ground Beef Whipped Potatoes Yellow Squash Coins & Yellow Beans Wheat Bread Individual Jelly Roll	
		5/20/19 Sliced Pork with Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple Cuts		5/21/19 Tuna Salad Potato Salad Marinated Cucumbers Rye Bread Gala Apple		5/22/19 Porcupine Meatballs in Sauce Noodles Green Beans Honey Wheat Bread Orange		5/23/19 Herb Baked Chicken Breast with Gravy Yams with Brown Sugar & Margarine Broccoli Florets Multi-Grain Bread Fruit Cocktail Graham Crackers		5/24/19 Roast Beef with Gravy Savory Potatoes Tossed Salad Light Italian Dressing Whole Wheat Bread Banana	
		5/27/19  MEMORIAL DAY		5/28/19 BBQ Lean Beef with Sauce Haluski Orange Glazed Carrot Coins Wheat Bun Fruit Cocktail		5/29/19 Boneless Pork Loin with Dijon sauce Lemon Potatoes Broccoli Florets Rye Bread Applesauce		5/30/19 Springs with Meatballs & Sauce Tossed Salad Light French Dressing Italian Bread Banana		5/31/19 Grilled Chicken Breast w/lemon cream sauce Gourmet Potatoes Peas w/Pearl Onions Honey Wheat Bread Orange	

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.