

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

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| <b>Monday</b><br><b>7/1/19</b><br>Beef Hamburger<br>Baked Beans<br>Sliced Carrots<br>Hamburger Bun<br>Cantaloupe Cuts<br>Ketchup                   | <b>Tuesday</b><br><b>7/2/19</b><br>Creole Chicken<br>Sliced Beets<br>Dinner Roll<br>Brown Rice<br>Orange                    | <b>Wednesday</b><br><b>7/3/19</b><br>Roast Beef with Gravy<br>Lemon Potatoes<br>Mixed Vegetables<br>Rye Bread<br>Watermelon Cubes                           | <b>Thursday</b><br><b>7/4/19</b><br><b><u>Independence Day</u></b><br> | <b>Friday</b><br><b>7/5/19,</b><br>Spiral Pasta with meat sauce<br>Green & Wax Beans<br>Wheat Bread<br>Mandarin Oranges & Pineapple Tidbits                                      |
| <b>7/8/19</b><br>Baked Cod with Paprika<br>Au Gratin Potatoes<br>Broccoli Florets<br>Multi-Grain Bread<br>Gala Apple<br>Tartar Sauce               | <b>7/9/19</b><br>Meatloaf with gravy<br>Glazed Yams<br>Italian Green Beans with Red Pepper<br>Wheat Bread<br>Fruit Cocktail | <b>7/10/19</b><br>Chicken Cacciatore with Sauce<br>Noodles<br>Leaf Spinach<br>Dinner Roll<br>Orange                                                         | <b>7/11/19</b><br>Cold Roast Beef Sandwich with Swiss Cheese, Lettuce & Tomato<br>Coleslaw<br>White Bean Salsa<br>Rye Bread<br>Plum                      | <b>7/12/19</b><br><a href="#"><u>Birthday Menu</u></a><br>Turkey Teriyaki<br>Meatballs with Sauce<br>Confetti Brown Rice<br>Sliced Carrots<br>Angel Food Cake with Strawberries  |
| <b>7/15/19</b><br>Pork Loin with Apple Glaze<br>Whipped Potatoes<br>Peas & Carrots<br>Multi-Grain Bread<br>Sliced Peaches                          | <b>7/16/19</b><br>Chicken Salad<br>Macaroni Salad<br>Cherry Tomato Salad<br>White Dinner Roll<br>Nectarine                  | <b>7/17/19</b><br>Salisbury Steak with Gravy<br>Scalloped Potatoes<br>Italian Green Beans<br>Wheat Bread<br>Cantaloupe Cuts                                 | <b>7/18/19</b><br>Chicken Breast with mushroom gravy<br>Lemon Potatoes<br>Broccoli Florets<br>Honey Cracked Wheat Bread<br>Plum                          | <b>7/19/19</b><br>Baked Cod with Lemon Wedge<br>Cheese Tortellini with Marinara Sauce<br>French-Cut Green Beans<br>12 Grain Bread<br>Orange<br>Graham Crackers                   |
| <b>7/22/19</b><br>Turkey with Gravy<br>Butternut Squash<br>Stewed Tomatoes<br>Multi-Grain Bread<br>Red Delicious Apple<br>2" Oatmeal-Raisin Cookie | <b>7/23/19</b><br>Tuna Salad<br>Potato Salad<br>Sweet & Sour<br>Coleslaw<br>Dinner Roll<br>Plum                             | <b>7/24/19</b><br>Stuffed Cabbage with Ground Beef<br>Garlic Whipped Potatoes<br>Mixed Vegetables<br>Honey Wheat Bread<br>Mandarin Oranges & Pineapple Cuts | <b>7/25/19</b><br>Bow Ties with Meat Sauce<br>Yellow Beans with Mushrooms<br>Italian Bread<br>Orange                                                     | <b>7/26/19</b><br>Chef's Salad Bowl<br>Chicken Strips<br>Cheddar Cheese<br>Lettuce & Tomato Wedges<br>Chick Pea Salad<br>Wheat Bread<br>Watermelon Cuts<br>Light French Dressing |
| <b>7/29/19</b><br>Pepper Steak with Gravy<br>Green Peppers, Onions, Tomatoes<br>Barley<br>Wheat Bread<br>Fruit Cocktail                            | <b>7/30/19</b><br>BBQ Pork<br>Au Gratin Potatoes<br>Peas & Carrots<br>Hamburger Bun<br>Nectarine                            | <b>7/31/19</b><br>Chicken Breast with Lemon Cream Sauce<br>Broccoli Florets<br>Brown Rice Pilaf<br>Dinner Roll<br>Apple                                     |                                                                      |                                                                                             |

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.