

ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES
 AREA AGENCY ON AGING
 NUTRITION DEPARTMENT
 AUGUST 1 – AUGUST 30, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			8/1/19	8/2/19
			Open Face Meatloaf Sandwich with Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Watermelon Cuts	Baked Cod with Dill Sauce Gourmet Potatoes Stewed Tomatoes & Zucchini Multi-Grain Bread Cantaloupe Cuts
8/5/19	8/6/19	8/7/19	8/8/19	8/9/19
BBQ shredded beef Potatoes with Parsley & Chives Green & Wax Beans Whole Wheat Sandwich Bun Orange	Chicken Paprika with Sauce Brown Rice Broccoli, Cauliflower, Carrots Dinner Roll Nectarine	Gemelli Pasta with Meat Sauce Mixed Green Salad Light Italian Dressing Italian Bread Watermelon	Chipped Turkey Breast Zippy 'Maters Confetti Pasta Salad Rye Bread Plum Yellow Mustard	Chili Beef Hot Dog Peas with Red Pepper Hot Dog Bun Gala Apple Graham Crackers
8/12/19	8/13/19	8/14/19	8/15/19	8/16/19
Pork Loin with Gravy Paprika Potatoes Cabbage & Tomatoes Wheat Bread Apricot Halves	Turkey Burger Broccoli Florets Spinach Salad Sandwich Bun Light Italian Dressing Nectarine	Cider Beef Stew with Beef, Potatoes, Carrots & Onions Cold Beet Slices Brown Rice Orange	Birthday Menu Snow White Turkey Salad Corn & Black Bean Salad Tomatoes & Cucumbers Cocoa Crème Cake	Chicken Alfredo with Sauce Bow Ties Brussels Sprouts Multi-Grain Bread Red Delicious Apple
8/19/19	8/20/19	8/21/19	8/22/19	8/23/19
Turkey Meatball Sandwich with Sauce Scalloped Potatoes Broccoli Florets Hot Dog Bun Pineapple Cuts	Tuna Salad Marinated Italian Green Beans in Italian Dressing Confetti Couscous Honey Cracked Wheat Bread Nectarine	Stuffed Cabbage with Ground Beef in Tomato Sauce Whipped Potatoes Yellow Beans and Yellow Squash with Onions Dinner Roll Red Delicious Apple	Baked Cod with Lemon Pepper Seasoning Savory Potatoes Peas & Carrots Multi-Grain Bread Orange Tartar Sauce	Mandarin Chicken Salad Potato Salad Cucumbers with Sour Cream Wheat Bread Fruit Cocktail
8/26/19	8/27/19	8/28/19	8/29/19	8/30/19
Beef Hamburger Baked Beans – low sodium Beets Hamburger Bun Cantaloupe Cuts	Creole Chicken with Sauce Brown Rice Carrots Dinner Roll Orange	Pork with Gravy Lemon Potatoes Mixed Vegetables Rye Bread Mandarin Oranges & Pineapple	Turkey & Provolone Sandwich Potato Salad Zippy 'Maters Wheat Sandwich Bun Nectarine	Meatloaf made with Ground Beef in Gravy Whipped Potatoes Green & Wax Beans Wheat Bread Fuji 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.