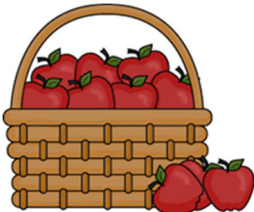


ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES
 AREA AGENCY ON AGING
 NUTRITION DEPARTMENT
 SEPTEMBER 3 – SEPTEMBER 30, 2019

Monday 9/2/19	Tuesday 9/3/19	Wednesday 9/4/19	Thursday 9/5/19	Friday 9/6/19
Labor Day 	Round Steak with Gravy Italian Green Beans Glazed Yams Wheat Bread Fruit Cocktail	<u>Birthday Menu</u> Turkey Teriyaki Meatballs with Teriyaki Sauce Whipped Potatoes Sliced Carrots Multi Grain Bread Cherry Cake	Italian Seasoned Chicken W/cacciatore sauce Leaf Spinach Dinner Roll Rice Pilaf Red Delicious Apple	Cold Roast Beef & Swiss Cheese Sandwich Coleslaw White Bean Salsa Rye Bread Plum
9/9/19 Pork Loin with Apple Glaze Vegetable Medley Whipped Potatoes Multi Grain Bread Sliced Peaches	9/10/19 Chicken Salad Macaroni Salad Cherry Tomato Salad Wheat Bread Nectarine	9/11/19 Swiss Steak with Gravy Scalloped Potatoes Italian Green Beans Dinner Roll Cantaloupe Cuts	9/12/19 Bow Ties with Meat Sauce Green & Wax Beans Tossed Salad Italian Bread Fruit Cocktail	9/13/19 Chicken Breast Roasted Potatoes Broccoli Honey Wheat Bread Plum
9/16/19 Cabbage Roll with Ground Beef Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Mandarin Oranges & Pineapple	9/17/19 Baked Cod with Lemon Wedge Cheese Tortellini with Marinara Sauce French Cut Green Beans Honey Wheat Bread Orange	9/18/19 Turkey ala King with noodles Stewed Tomatoes Biscuit Red Delicious Apple	9/19/19 <u>Cold Plate</u> Tuna Salad Potato Salad Coleslaw Whole Wheat Bread Plum	9/20/19 Chef's Salad Bowl Chicken Strips Cheddar Cheese Tomato Wedges Chick Pea Salad Rye Bread Watermelon Cuts
9/23/19 Pepper Steak with Green Peppers, Onions, Tomatoes Garlic Whipped Potatoes Wheat Bread Fruit Cocktail	9/24/19 Chicken Breast with Gravy Broccoli Florets Dinner Roll Brown Rice Pilaf Gala Apple	9/25/19 Baked Cod w/ Dill Sauce Gourmet Potatoes Stewed Tomatoes & Zucchini Multi-Grain Bread Nectarine	9/26/19 BBQ Pork Au Gratin Potatoes Sliced Carrots Hamburger Bun Cantaloupe cuts	9/27/19 Gemelli Pasta in Meat Sauce (ground turkey) Mixed Green Salad Italian Bread Banana
9/30/19 Turkey Divan Broccoli Spears Brown Rice Dinner Roll Apricot Graham Crackers				

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.