

ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
OCTOBER 1 - OCTOBER 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	10/1/19 Beef Tips with Gravy Carrot Coins Rye Bread Noodles Orange	10/2/19 Boneless Pork with Dijon Sauce Scalloped Potatoes Mixed Vegetables Honey Cracked Wheat Bread Applesauce w/Cinnamon	10/3/19 Chicken Breast with Gravy Whipped Potatoes Stewed Tomatoes with Green Beans Multi-Grain Bread Granny Smith Apple	10/4/19 Meatloaf with Gravy Whipped Butternut Squash Capri Mixed Vegetables Wheat Bread Mandarin Oranges w/Pineapple Cuts
	10/7/19 <u>Columbus Day</u> Chicken Breast Yams with Margarine & Brown Sugar Cauliflower Multi-Grain Bread Pears	10/8/19 Baked Cod w/Dill Weed Green Beans Wheat Bread Creamy Tomato Macaroni & Cheese Yellow Delicious Apple Oatmeal Raisin Cookie	10/9/19 <u>Birthday Menu</u> Cabbage Roll with Tomato Sauce Whipped Potatoes Carrot Coins Pumpkin Roll	10/10/19 Turkey with Gravy Lemon Parsley Potatoes Brussel Sprouts Wheat Bread Orange
10/11/19 Roast Beef w/Gravy Tossed Salad Orzo with Peas & Carrots in Broth Wheat Roll Banana	10/14/19 Swiss Steak with Tomato Gravy Brown Rice Broccoli Dinner Roll Fruit Cocktail	10/15/19 Chili w/ Shredded Cheddar Coleslaw Macaroni Rye Bread Apple	10/16/19 Teriyaki Meatballs with Gravy Scalloped Potatoes Italian Green Beans with Red Pepper Wheat Bread Pineapple Chunks	10/17/19 Apple & Spice Pork with Sauce Sautéed Zucchini & Yellow Squash Italian Bread Cabbage & Noodles Orange
10/18/19 Chicken Marinara Oven Browned Potatoes Spinach Salad w/Mandarin Oranges Multi-Grain Bread Fig Newtons	10/21/19 Turkey with Gravy Whipped Yams Broccoli Florets, Peppers & Corn Wheat Bread Macintosh Apple	10/22/19 Baked Cod Au Gratin Potatoes Stewed Tomatoes & Zucchini Multi-Grain Bread Fruit Cocktail	10/23/19 Chicken Paprika with Sauce Carrot Coins Wide Noodles Dinner Roll Orange	10/24/19 Bow Ties in Meat Sauce Tossed Salad Italian Bread Pineapple Cuts
10/25/19 Hearty Beef Stew Yellow Beans Brown Rice Honey Cracked Wheat Bread Banana	10/28/19 Boneless BBQ Country Ribs Scalloped Potatoes Cauliflower with Red Pepper Wheat Bread Pineapple Cuts	10/29/19 Chicken Breast with Mushroom Gravy Broccoli Florets White Bread Brown Rice Pilaf Tangelo	10/30/19 Cowboy Burger and Bun Carrot Coins Barley Red Delicious Apple	10/31/19 <u>Halloween Menu</u> Open Face Turkey Sandwich Savory Potatoes Mixed Veggies Multi-Grain Bread Pumpkin Mousse
				

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.