

ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
DECEMBER 2 – DECEMBER 31, 2019

Monday 12/2/19	Tuesday 12/3/19	Wednesday 12/4/19	Thursday 12/5/19	Friday 12/6/19
Rotini with Turkey Meat Sauce Italian Green Beans with Chopped Red Pepper Italian Bread Sliced Apricots	Swiss Steak with Tomato Gravy Gourmet Potatoes Tossed Salad Rye Bread Orange	<u>Birthday Menu</u> Cabbage Roll Whipped Horseradish Potatoes Honey Glazed Carrots Wheat Bread Apple Spice Cake with raisins	Chicken Breast w/ Lemon Cream Sauce Yams Stewed Tomatoes & Zucchini Dinner Roll Banana	Baked Cod Macaroni & Cheese Broccoli & Cauliflower Multi-Grain Bread Gala Apple Graham Crackers
12/9/19 Teriyaki Beef Meatballs & Gravy Scalloped Potatoes Midori Blend Wheat Bread Pineapple & Mandarin Oranges	12/10/19 Chicken Breast w/Marinara Sauce Oven Brownd Potatoes Spinach Salad Multi-Grain Bread Apple	12/11/19 Apple & Spice Pork with Wide Noodles & Sauce Sliced Beets Wheat Bread Orange	12/12/19 Roast Beef with Gravy Whipped Potatoes Peas with Red Peppers Dinner Roll Peach Slices Graham Crackers	12/13/19 Southwestern Chili (turkey, black beans, corn) Cheddar Cheese Brown Rice Coleslaw Rye Bread Banana
12/16/19 Turkey with Gravy Gourmet Potatoes Broccoli, Green & Red Peppers, Corn Wheat Bread Macintosh Apple	12/17/19 Lemon Pepper Cod Au Gratin Potatoes Stewed Tomatoes with Zucchini Multi-Grain Bread Fruit Cocktail	12/18/19 <u>Holiday Meal</u> Chicken Breast with Lemon Sauce Whipped Potatoes with Chives Whole Green Beans Cranberry Sauce Dinner Roll Apple Pie	12/19/19 Bow Ties in Beef Meat Sauce Tossed Salad Italian Bread Banana	12/20/19 Hearty Beef Stew (Potatoes, Onions, Carrots, Celery) Barley Rye Bread Orange
12/23/19 Beef Chili Harvard Beets Wheat Macaroni Rye Bread Pineapple Cuts	12/24/19 <u>Christmas Eve</u> Open Face Turkey Sandwich w/gravy Whipped Potatoes Seasoned Green Beans Multi-Grain Bread Orange	12/25/19 <u>Christmas Day</u> 	12/26/19 Chicken Breast w/Creole Sauce Brown Rice Pilaf Broccoli Granny Smith Apple Sugar Cookies	12/27/19 Meatloaf (Beef) Tomato Basil Sauce Savory Potatoes Sliced Carrots Honey Cracked Wheat Bread Banana
12/30/19 Coney Island Hot Dog w/Beef Sauce Peas & Pearl Onions Wheat Bun Orange	12/31/19 Boneless Pork w/Honey Dijon Sauce Savory Potatoes Green Beans With Red Pepper Honey Wheat Bread Applesauce Oatmeal Raisin Cookie			

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.