

ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES
 AREA AGENCY ON AGING
 NUTRITION DEPARTMENT
 FEBRUARY 1 – FEBRUARY 28, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
2/3/20 Pulled BBQ Pork Sandwich Parsley & Chive Potatoes Brussels Sprouts Wheat Bun Fruit Cocktail	2/4/20 Tuna Salad Confetti Rice Salad Marinated Cucumbers Dinner Roll Orange	2/5/20 <u>Birthday Menu</u> Stuffed Pepper Whipped Potatoes Carrot Coins Rye Bread Cherry Cake w/Powdered Sugar	2/6/20 Lemon Pepper Cod Cabbage & Noodles Italian Green Beans & Stewed Tomatoes Multi-Grain Bread Red Delicious Apple	2/7/20 Turkey Chili Sauteed Zucchini and Yellow Beans Macaroni Italian Bread Pineapple and Mandarin Oranges
2/10/20 Salisbury Steak with Spanish Tomato Sauce Savory Potatoes Carrot Coins Honey Cracked Wheat Bread Orange	2/11/20 Baked Cod Gourmet Potatoes Peas Multi-Grain Bread Tartar Sauce Sliced Peaches	2/12/20 Turkey w/Gravy Scalloped Potatoes Corn w/red pepper Wheat Dinner Roll Pineapple Cuts Fig Newtons	2/13/20 Baked Ziti with 4 Cheeses Spinach Salad Green & Wax Beans Dinner Roll Banana	2/14/20 <u>Valentine's Day Menu</u> Tuscan Chicken with Sauce Butternut Squash Beets Italian Bread Sugar Cookies with Red Sprinkles
2/17/20 <u>President's Day</u> Cowboy Burger with Onions & Mushrooms Baked Beans Wheat Bun Apple	2/18/20 Honey Mustard Chicken Breast Whipped Yams Cauliflower & Red Pepper Wheat Bread Pear Cuts	2/19/20 Penne & Turkey Meatballs Tossed Salad Italian Bread Orange	2/20/20 Apple Spice Pork with Sauce Whipped Potatoes Italian Green Beans Honey Cracked Wheat Bread Apricots	2/21/20 Chicken Salad Marinated Vegetables (tomato, cucumber, pepper) Potato Salad Dinner Roll Sliced Peaches
2/24/20 Turkey Patty with Dijon Sauce Parsley Potatoes Peas & Carrots Wheat Bread Tangerine	2/25/20 Pepper Steak with onions, green peppers, mushrooms Whipped Potatoes Multi-Grain Bread Fruit Cocktail Graham Crackers	2/26/20 <u>Ash Wednesday</u> Baked Cod Florentine Haluski Stewed Tomatoes Wheat Roll Banana	2/27/20 Teriyaki Meatballs Wild Rice w/Orzo Pepper Coleslaw Gala Apple	2/28/20 Tuna Salad Potato Salad Marinated Green Beans Dinner Roll Pineapple Cuts

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.