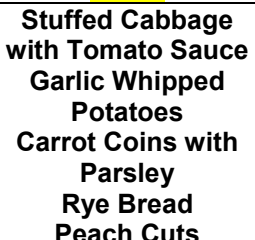


ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES
 AREA AGENCY ON AGING
 NUTRITION DEPARTMENT
 JANUARY 1 – JANUARY 31, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
1/1/20	1/2/20	1/3/20	1/4/20	1/5/20
1/6/20 Baked Cod with Lemon Wedge Au Gratin Potatoes Stewed Tomatoes & Green Beans Multi-Grain Bread Strawberry Fruit & Grain Bar	1/7/20 Turkey Patty with Sauce Spinach Salad Wheat Bread Haluski Fruit Cocktail	1/8/20 Cider Beef Stew (beef, celery, onions, carrots, potatoes) Brown Rice Wheat Roll Orange	1/9/20 Chicken Breast with Lemon Herb Sauce Gourmet Potatoes Italian Green Beans with Red Pepper Wheat Bread Peach Cuts	1/10/20 Roast Beef with Gravy Whipped Potatoes Broccoli Florets Dinner Roll Gala Apple Oatmeal-Raisin Cookie
1/13/20 Boneless Pork w/Gravy Butternut Squash Cubes with Margarine Cauliflower Florets Honey Cracked Wheat Bread Fuji Apple Graham Crackers	1/14/20 Turkey with Gravy Spanish Rice Carrot Coins Wheat Bread Orange	1/15/20 Bow Tie Pasta With Beef Meatballs in Pasta Sauce Mixed Vegetables Italian Bread Pineapple Cuts	1/16/20 Chicken Breast with Mushroom Gravy Parsley Potatoes Broccoli Florets Multi-Grain Bread Banana	1/17/20 Birthday Menu Pepper Steak with Thin Gravy Whipped Potatoes Green Peppers, Onions, Mushrooms, Tomatoes Dinner Roll Applesauce Cake
1/20/20 Martin Luther King Day Turkey Burger w/ Honey Dijon Sauce Potatoes with Old Bay Seasoning Mashed Winter Squash Wheat Bread Fruit Cocktail	1/21/20 Shredded BBQ Beef Brown Rice Pilaf Mixed Vegetables Wheat Bun Orange	1/22/20 Meatloaf w/Gravy Garlic Whipped Potatoes Peas & Pearl Onions Rye Bread Cinnamon Applesauce	1/23/20 Chicken Breast in Marinara Sauce Scalloped Potatoes Broccoli Florets Dinner Roll Banana	1/24/20 Lemon Pepper Cod Macaroni & Cheese Italian Green Beans with Red Pepper Multi-Grain Bread Gala Apple
1/27/20 Hearty Beef Stew Mexican blend (corn, black bean, red pepper, onion) Dinner Roll Orange	1/28/20 Roast Beef with Thin Gravy Whipped Potatoes Green & Yellow Bean Casserole Wheat Bread Macintosh Apple Graham Crackers	1/29/20 Turkey ala King Parsley Potatoes Broccoli Florets Honey Cracked Wheat Bread Banana	1/30/20 Spiral Pasta with Ground Turkey Tossed Salad Wheat Roll Pineapple & Mandarin Oranges	1/31/20 Chicken Breast with Thin Gravy Savory Potatoes Peas & Carrots Multi-Grain Bread Apricots Fig Newtons

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.