

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/2/20 Chicken Breast with Thin Gravy Brown Rice Pilaf Broccoli Florets Multi-Grain Bread Yellow Delicious Apple	3/3/20 Roast Beef & Gravy Whipped Potatoes Carrot Coins with Parsley Rye Bread Oatmeal-Raisin Cookies	3/4/20 BBQ Pork Savory Potatoes Louisiana Green Beans Wheat Bun Banana	3/5/20 Meatloaf with Tomato Gravy Cauliflower Florets Yams with Brown Sugar Italian Bread Fruit Cocktail	3/6/20 Tuna Salad Marinated Cucumber Slices Cottage Cheese with Veggies Wheat Bread Orange
3/9/20 Apple Spice Pork with Sauce Two-Rice Pilaf Italian Green Beans with Red Pepper Dinner Roll Pear Slices	3/10/20 Chicken Dinner Salad (chicken, spinach, red peppers, cucumbers) Hard Cooked Egg Sliced Beets Multi-Grain Bread Fuji Apple	3/11/20 Salisbury Steak with Thin Gravy Potatoes with Old Bay Seasoning Broccoli, Carrots & Cauliflower Wheat Bread Orange	3/12/20 Cold Roast Beef and Swiss Cheese Tomatoes & Cucumbers in Italian Dressing Potato Salad Wheat Bun Pineapple Chunks	3/13/20 Baked Cod with Lemon Wedge Au Gratin Potatoes Creole Green Beans Multi-Grain Bread Apricots Graham Crackers
3/16/20 Sliced Turkey Yams with Cinnamon & Brown Sugar Mexican mixed vegetables Multi-Grain Bread Fruit Cocktail	3/17/20 <u>St. Patrick's Day</u> Corned Beef & Cabbage Whipped Horseradish Potatoes Cabbage w/ Caraway Seeds Rye Bread Sugar Cookies	3/18/20 Chicken Breast with Mushroom Gravy Gourmet Potatoes Broccoli Florets Dinner Roll Macintosh Apple	3/19/20 <u>Birthday Menu</u> Stuffed Cabbage with Egg Noodles Carrots w/Parsley Pineapple Cake with Powdered Sugar	3/20/20 Salmon Patty w/Lemon Sauce Macaroni & Cheese Stewed Tomatoes Peaches and Pears
3/23/20 Beef Chili (beef, kidney beans, onions, celery) Sauteed Yellow Beans & Zucchini Orzo Saltines Orange	3/24/20 Pork ala Pizzaiola Lemon Potatoes Broccoli Florets Rye Bread Fruit Cocktail	3/25/20 Turkey with Thin Gravy Candied Yams Snap Peas, Corn, Green Pepper, Lima Beans Honey Wheat Bread Sliced Peaches	3/26/20 Swiss Steak with Thin Gravy Whipped Potatoes Peas Dinner Roll Fuji Apple	3/27/20 Baked Cod with Dill Sauce Scalloped Potatoes Italian Green Beans with Red Pepper Multi Grain Bread Pineapple Cuts Fig Newtons
3/30/20 Pork w/Gravy Whipped Potatoes Mixed vegetables Dinner Roll Pineapple Cuts	3/31/20 Roast Beef w/Gravy Savory Potatoes Tossed Salad w/Raspberry Dressing Whole Wheat Bread Gala Apple			 March 8th

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.