



ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT
AUGUST 1 – AUGUST 31, 2022

CONGREGATE MEAL MENU

August 1	August 2	August 3	August 4	August 5
Salmon Patty Brussels Sprouts Buttered Noodles Wheat Bread Red Delicious Apple	Roast Beef w/Gravy Brown Rice Pilaf Carrots & Cauliflower Multi-Grain Bread Orange	Chicken Breast with Mandarin Orange Glaze Gourmet Potatoes French Cut Green Beans & Almonds Boston Crème Roll	Meatloaf w/Gravy Garlic Whipped Potatoes Peas Wheat Bread Red Delicious Apple	Chicken Patty w/Mozzarella Cheese & Marinara Sauce Broccoli Dinner Roll Banana
August 8	August 9	August 10	August 11	Aug 12 Birthday Menu
Swiss Steak with Tomatoes, Onions & Gravy Scalloped Potatoes Vegetable Medley Rye Bread Peaches	Pork Loin w/Teriyaki Sauce Brown Rice Pilaf Broccoli Florets Multi-Grain Bread Pineapple Tidbits	Roast Beef w/Gravy Confetti Couscous Steamed Cabbage Whole Wheat Bread Yellow Delicious Apple	Chicken Breast Marsala (mushroom gravy) Brussels Sprouts Yams w/Margarine & Brown Sugar Honey Wheat Bread Orange	Stuffed Pepper with Ground Beef Whipped Potatoes Yellow Beans Wheat Bread Individual Jelly Roll
August 15	August 16	August 17	August 18	August 19
Pork Loin w/Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple	Tuna Casserole w/ Peas Beets Rye Bread Orange	Porcupine Meatballs in Sauce w/Noodles Broccoli Honey Wheat Bread Apple	Pepper Steak w/Onion & Pepper Sauce Savory Potatoes Cooked Spinach Whole Wheat Bread Pears	Herb Baked Chicken Breast w/Gravy & Stuffing Cranberry Orange Sauce Green Beans Banana Graham Crackers
August 22	August 23	August 24	August 25	August 26
Turkey w/Gravy Yams w/Brown Sugar & Margarine Brussels Sprouts Honey Wheat Bread Fuji Apple	BBQ Lean Beef w/Sauce Haluski Orange Glazed Carrot Coins Wheat Bun Fruit Cocktail	Boneless Pork Loin w/Dijon sauce Lemon Potatoes Broccoli Florets Rye Bread Applesauce	Springs w/Meatballs & Sauce Italian Green Beans Italian Bread Banana	Chicken Breast w/Lemon Cream Sauce Gourmet Potatoes Peas w/Pearl Onions Honey Wheat Bread Orange
August 29	August 30	August 31		
Cowboy Hamburger w/sauteed mushrooms/onions Baked Beans Whole Wheat Sandwich Bun Orange	Creole Beef w/ Tomato-Onion Sauce Broccoli & Cauliflower Florets Barley Italian Bread Peaches	Cabbage Roll Whipped Potatoes Carrot Coins w/Parsley Whole Wheat Bread Fruit Cocktail		

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 August contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.