



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

HOME DELIVERED MEAL MENU

August 1	August 2	August 3	August 4	August 5
Beef Tips w/Gravy Whipped Horseradish Potatoes Peas Wheat Bread Peach Cuts	Cod English style (w/bread crumbs) Au Gratin Potatoes Carrots Dinner Roll Macintosh Apple	Turkey Divan Broccoli Brown Rice Honey Wheat Bread Apricots Oatmeal Raisin Cookie	Rotini in Meat Sauce Yellow Beans with Mushrooms Italian Bread Orange	Chicken Breast w/Gravy Savory Potatoes Brussels Sprouts Multi-Grain Bread Fruit Cocktail
August 8	August 9	August 10	August 11	August 12
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 15	August 16	August 17	August 18	August 19
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 22	August 23	August 24	August 25	August 26
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 29	August 30	August 31		
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		

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.