

ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT
SEPTEMBER 1 – SEPTEMBER 30, 2022

HOME DELIVERED MEAL MENU



HOME DELIVERED MEAL MENU			September 1	September 2
			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
September 5	September 6	September 7	September 8	September 9
Cowboy Hamburger w/Sauteed mushrooms/onions Whole Wheat Sandwich Bun Baked Beans 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	Chicken Breast w/Gravy Potatoes w/Chives & Parsley Midori Blend Veggies Multi-Grain Bread Strawberry Fruit & Grain Bar	Coney Island Hot Dog w/Beef Chili Peas and Corn Whole Wheat Hot Dog Bun Pineapple
September 12	September 13	September 14	September 15	September 16
White Turkey Chili Cooked Baby Carrots Brown Rice Italian Bread Orange	Tuna Noodle Casserole w/Peas Stewed Tomatoes Honey Wheat Bread Tropical Fruit Mix	Chicken Divan w/Egg Noodles Broccoli Spears Little Debbie dessert	Cod w/Lemon Pepper Seasoning Cold Beets Macaroni & Cheese Rye Bread Pineapple & Mandarin Oranges	Open Face Meatloaf Sandwich w/Gravy Roasted Potatoes Cauliflower, Carrot Coins, Red Peppers White Bread Banana
September 19	September 20	September 21	September 22	September 23
Beef Tips w/Gravy Confetti Couscous Orange Glazed Carrots Wheat Bread Pineapple	Turkey w/Gravy & Stuffing Cranberry Sauce Broccoli Pears	Stuffed Pepper Garlic Whipped Potatoes Yellow Beans Italian Bread Apple	Pork Loin w/Mustard Glaze Yams w/Brown Sugar & Margarine Brussels Sprouts Dinner Roll Applesauce	Chicken Patty w/Mozzarella Cheese & Marinara French Cut Green Beans Honey Wheat Bread Orange
September 26	September 27	September 28	September 29	September 30
Lemon Garlic Cod Cabbage & Noodles Peas Rye Bread Fuji Apple	Turkey Meatballs w/Teriyaki Sauce Scalloped Potatoes Broccoli Dinner Roll Apricots	Stuffed Cabbage Garlic Whipped Potatoes Carrot Coins Wheat Bread Peach Cuts	Roast Beef w/Gravy Brown Rice Beets Multi-Grain Bread Orange Fig Newtons	Chicken Breast w/Mushroom Gravy Roasted Potatoes Red Cabbage Honey Wheat Bread Banana

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