

CONGREGATE MEAL MENU

ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT

December 2022



December 5

Cowboy Hamburger
Baked Beans
Sauteed Mushrooms
& Onions
Whole Wheat
Sandwich Bun
Tangerine



December 6

Creole Beef w/
Tomato/Onion Sauce
Barley
Broccoli &
Cauliflower Florets
Italian Bread
Peaches



December 7

Cabbage Roll
Whipped Potatoes
Carrot Coins
w/Parsley
Whole Wheat Bread
Fruit Cocktail

December 1

Springs
w/Meatballs & Sauce
Italian Green Beans
Italian Bread
Banana

December 2

Chicken Breast w/
Lemon Cream Sauce
Gourmet Potatoes
Peas w/Pearl Onions
Honey Wheat Bread
Orange

December 8

Chicken Breast
w/Gravy
Midori Blend
Potatoes
w/Chives & Parsley
Multi-Grain Bread
Strawberry Fruit &
Grain Bar

December 9

Coney Island Hot Dog
w/Chili
Peas & Corn
Whole Wheat Bun
Pineapple

December 12

White Turkey Chili
Cooked Baby
Carrots
Brown Rice
Italian Bread
Pineapple &
Mandarin Oranges

December 13

Tuna Noodle
Casserole w/Peas
Stewed Tomatoes
Honey Wheat Bread
Tropical Fruit Mix

December 14

Chicken Divan
w/Egg Noodles
Broccoli Spears
Little Debbie Dessert

December 15

Lemon Pepper Cod
Cold Beets
Macaroni & Cheese
Whole Wheat Bread
Orange

December 16

Open Face Meatloaf
Sandwich w/Gravy
Roasted Potatoes
Cauliflower, Carrot
Coins & Red Peppers
12 Grain Bread
Banana

December 19

Beef Tips w/Gravy
Confetti Couscous
Orange Glazed
Carrots
Wheat Bread
Pineapple

December 20

Christmas Meal
Turkey
w/Gravy & Stuffing
Cranberry Sauce
Broccoli
Pears
Sugar Cookie

December 21

Stuffed Pepper
Garlic Whipped
Potatoes
Yellow Beans
Italian Bread
Apple

December 22

Pork Loin
w/Mustard Glaze
Yams w/Brown Sugar
& Margarine
Brussels Sprouts
Dinner Roll
Applesauce

December 23

Chicken Patty
w/Mozzarella Cheese
& Marinara
French Cut Green
Beans
Honey Wheat Bread
Orange

December 26

Beef Meatballs
w/Teriyaki Sauce
Scalloped Potatoes
Broccoli
Dinner Roll
Apricots

December 27

Lemon Garlic Cod
Cabbage & Noodles
Peas
Rye Bread
Fuji Apple

December 28

Stuffed Cabbage
Garlic Whipped
Potatoes
Carrot Coins
Wheat Bread
Peach Cuts

December 29

Roast Beef w/Gravy
Brown Rice
Beets
Multi-Grain Bread
Orange
Fig Newtons

December 30

Pork Loin
w/Sauerkraut
Roasted Red Potatoes
Midori Blend
Pumpnickel Bread
Banana

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency. **In particular, there is a current shortage of turkey products; those meals may need to be substituted with chicken when necessary.**



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.