

CONGREGATE MEAL MENU

November 2022



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

November 1		November 2		November 3		November 4			
Lemon Pepper Cod Au Gratin Potatoes Carrots Dinner Roll Macintosh Apple Graham Crackers		Turkey Divan Brown Rice Broccoli Honey Wheat Bread Apricots Oatmeal Raisin Cookie		Rotini w/Meat Sauce Yellow Beans w/Mushrooms Italian Bread Orange		Chicken Breast w/Gravy Savory Potatoes Brussels Sprouts Multi-Grain Bread Fruit Cocktail			
November 7		Nov 8 Election Day		November 9		November 10		November 11	
Salmon Patty Carrots & Cauliflower Buttered Noodles Wheat Bread Red Delicious Apple		Roast Beef w/Gravy Brown Rice Pilaf Beets Multi-Grain Bread Orange		Chicken Breast w/Mandarin Orange Glaze Gourmet Potatoes French Cut Green Beans & Almonds Pineapple		Meatloaf w/Gravy Garlic Whipped Potatoes Peas Wheat Bread Fruit Cocktail		Chicken Patty w/Mozzarella Cheese & Marinara Sauce Broccoli Dinner Roll Banana	
November 14		November 15		November 16		November 17		November 18 Birthday Menu	
Swiss Steak w/Tomato-Onion Sauce Scalloped Potatoes Veggie 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		Herb Baked Chicken Breast w/Gravy & Stuffing Roasted Potatoes Green Beans Pears Cranberry Orange Sauce		Stuffed Pepper Whipped Potatoes Yellow Beans Wheat Bread Jelly roll	
November 21		November 22		November 23		November 24 Thanksgiving - HDM only		November 25	
Pork Loin w/Gravy Whipped Potatoes Mixed Veggies Dinner Roll Pineapple Cuts		Tuna Casserole w/Peas Beets Rye Bread Orange		Porcupine Meatballs w/Noodles & Sauce Broccoli Florets Honey Wheat Bread Apple		Chicken Breast Marsala Yams w/Margarine & Brown Sugar Brussels Sprouts Honey Wheat Bread Orange		Pepper Steak w/Onion/Pepper Sauce Savory Potatoes Chopped Cooked Spinach Whole Wheat Bread Banana	
November 28		November 29		November 30					
Lemon Pepper Cod Macaroni & Cheese Stewed Tomatoes Honey Wheat Bread Fuji Apple		BBQ Lean Beef 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. **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.