

CONGREGATE MEAL MENU

October 2022



ALLEGHENY COUNTY

DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT

October 3	October 4	October 5	October 6	October 7
Sliced Pork w/Gravy Whipped Potatoes Mixed Veggies Dinner Roll Pineapple Cuts	Roast Beef w/Gravy Savory Potatoes Cooked Spinach Whole Wheat Bread Gala Apple	Porcupine Meatballs w/Noodles & Sauce Green Beans Honey Wheat Bread Orange	Herb Baked Chicken Breast w/Gravy Yams with Brown Sugar & Margarine Brussels Sprouts Multi-Grain Bread Fruit Cocktail Oatmeal Raisin Cookie	Beef Hamburger & Bun Baked Beans Carrots Tangerine
Oct 10 Columbus Day	October 11	October 12	October 13	October 14
Chicken Breast w/Piccata Sauce Gourmet Potatoes Peas Honey Wheat Bread Red Delicious Apple	BBQ Lean Beef Whipped Potatoes Carrot Coins w/Parsley Wheat Bun Fruit Cocktail	Boneless Pork Loin w/Gravy Lemon Potatoes Broccoli Florets Rye Bread Applesauce	Springs w/Sauce & Meatballs Italian Green Beans Italian Bread Orange	Cod with Creamy Dill Sauce Yams Italian Stewed Tomatoes Multi-Grain Bread Sliced Peaches Graham Crackers
October 17	October 18	October 19	October 20	October 21
Turkey w/Gravy Bread Stuffing Brussels Sprouts Orange Fig Newtons	Swiss Steak w/Tomato-Onion Sauce Broccoli & Cauliflower Florets Barley Pears	Cabbage Roll Whipped Potatoes Mixed Veggies Italian Bread Golden Delicious Apple	Coney Island Hot Dog with Sauce Mexican Medley (corn/black beans/ onions /red pepper) Hot Dog Bun Tangerine	4 Cheese Baked Ziti w/Marinara Sauce Cooked Spinach Multi-Grain Dinner Roll Banana
October 24	October 25	Oct 26 Birthday Menu	October 27	October 28
Creole Chicken w/Sauce Broccoli Florets Brown Rice Wheat Bread Pear Cuts	Pork Dijon w/Sauce Whipped Potatoes Sliced Beets Honey Wheat Bread Orange	Italian Meatballs w/ Marinara Sauce Roasted Red Potatoes w/Italian Seasoning Italian Green Beans Hot Dog Bun Fudge Brownie w/M&M's	Lemon Pepper Cod Macaroni & Cheese Stewed Tomatoes w/Zucchini Rye Bread Banana	Open Face Meatloaf Sandwich w/Gravy Scalloped Potatoes Carrots White Bread Pineapple Tidbits
Oct 31 Halloween				
Beef Tips w/Gravy Whipped Horseradish Potatoes Peas Wheat Bread Peach Cuts Pumpkin Cookie				

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.