

HOME DELIVERED MEAL MENU

November 2022



ALLEGHENY COUNTY

DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT

November 1		November 2		November 3		November 4			
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			
November 7		Nov 8 Election Day		November 9		November 10		November 11	
Beef Tips w/Gravy Whipped Horseradish Potatoes Peas Wheat Bread Peach Cuts Pumpkin Cookie		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 14		November 15		November 16		November 17		November 18	
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 21		November 22		November 23		November 24		November 25	
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		Thanksgiving - HDM only 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 28		November 29		November 30					
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					

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.