

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

CONGREGATE MEAL MENU

February 2023

Lent starts February 22nd

February 1

Chicken Divan
Brown Rice
Broccoli Spears
Honey Wheat Bread
Apricots

February 2

Rotini w/Meat Sauce
Yellow Beans
w/Mushrooms
Italian Bread
Orange

February 3

Salisbury Steak
w/Gravy
Savory Potatoes
Brussels Sprouts
Multi-Grain Bread
Fruit Cocktail

February 6

Beef Chili & Beans
Carrots &
Cauliflower
Brown Rice
Oyster Crackers
Red Delicious
Apple

February 7

Roast Beef w/Gravy
Buttered Noodles
Beets
Multi-Grain Bread
Orange

February 8

Chicken Breast w/
Mandarin Orange Glaze
Gourmet Potatoes
French Cut Green
Beans & Almonds
Dinner Roll
Pineapple

February 9

Meatloaf w/Gravy
Garlic Whipped
Potatoes
Peas
Wheat Bread
Fruit Cocktail

February 10

Chicken Patty
w/Mozzarella Cheese
& Marinara Sauce
Broccoli
Italian Bread
Banana

February 13

Swiss Steak
w/Tomato-Onions
Scalloped Potatoes
Vegetable Medley
Rye Bread
Peaches

February 14

Tuscan Chicken
Breast (spinach,
sundried tomatoes,
white sauce)
Butternut Squash
Beets
Italian Bread
Little Debbie item

February 15

Roast Beef w/Gravy
Confetti Orzo
Steamed Cabbage
Whole Wheat Bread
Yellow Delicious
Apple

February 16

Teriyaki Pork Loin
Brown Rice Pilaf
Broccoli Florets
Multi-Grain Bread
Pineapple Tidbits

February 17

Stuffed Pepper
Whipped Potatoes
Yellow Beans
Wheat Bread
Jelly roll



February 20

Chicken Breast
w/Gravy
Mashed Potatoes
Broccoli Florets
Dinner Roll
Yellow Delicious
Apple

February 21

Roast Beef w/Gravy
Savory Potatoes
Spinach
Whole Wheat Bread
Fruit Cocktail

February 22

Baked Cod Florentine
Haluski
Stewed Tomatoes
Wheat Roll
Banana

February 23

Meatloaf
w/Tomato Gravy
Cauliflower Florets
Yams w/Brown Sugar
Italian Bread
Peaches

February 24

Tuna Casserole
w/Peas
Beets
Rye Bread
Orange

February 27

BBQ Lean Beef
Haluski
Orange Glazed
Carrot Coins
Wheat Bun
Fruit Cocktail

February 28

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