



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



HOME DELIVERED MEAL MENU
March 2023



March 1

Baked Cod
Florentine
Haluski
Stewed Tomatoes
Wheat Roll
Banana

March 2

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

March 3

Tuna Casserole
w/Peas
Beets
Rye Bread
Orange

March 6

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

March 7

Boneless Pork Loin
w/Dijon Sauce
Lemon Potatoes
Broccoli Florets
Rye Bread
Applesauce

March 8

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

March 9

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

March 10

Lemon Pepper Cod
Macaroni & Cheese
Stewed Tomatoes
Honey Wheat Bread
Fuji Apple

March 13

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

March 14

Creole Beef w/Tomato
& Onion Sauce
Barley
Broccoli &
Cauliflower Florets
Italian Bread
Peaches
Little Debbie Boston
Crème Roll

March 15

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

March 16

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

March 17

4-Cheese Ziti
Summer Squash &
Yellow Beans
12 Grain Bread
Banana

March 20

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

March 21

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

March 22

Chicken Divan
w/Egg Noodles
Broccoli Spears
Whole Wheat
Dinner Roll

March 23

Corned Beef
Cabbage
w/Caraway Seeds
Whipped Horseradish
Potatoes
Dark Rye Bread
Sugar Cookies

March 24

Tuna Noodle
Casserole w/Peas
Stewed Tomatoes
Honey Wheat Bread
Banana

March 27

Beef Tips w/Gravy
Barley
Orange Glazed
Carrots
Whole Wheat Bread
Pineapple

March 28

Turkey Breast
w/Gravy & Stuffing
Cranberry Sauce
Broccoli
Pears
Fig Newtons

March 29

Stuffed Pepper
Garlic Whipped
Potatoes
Yellow Beans
Italian Bread
Apple

March 30

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

March 31

Baked Cod
w/Dill Sauce
Au Gratin Potatoes
French Cut Green Beans
Multi-Grain Bread
Orange
Fruit & Grain Bar

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.