

CONGREGATE MEAL MENU

April 2023



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



April 3	April 4	April 5	April 6	April 7
Fajita Chicken Mixed Vegetables Brown Rice with Black Beans 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	4 Cheese Baked Ziti Cooked Broccoli Multi-Grain Dinner Roll Banana
April 10	April 11	April 12	April 13	April 14
Beef Hamburger w/Bun Baked Beans Carrots Tangerine	BBQ Lean Beef Whipped Potatoes Cauliflower Wheat Bun Fruit Cocktail	Boneless Pork Loin w/Gravy Lemon Potatoes Broccoli Florets Rye Bread Applesauce	Chicken Breast w/Piccata Sauce Gourmet Potatoes Peas Honey Wheat Bread Red Delicious Apple	Cod with Creamy Dill Sauce Yams Italian Stewed Tomatoes Multi-Grain Bread Sliced Peaches Graham Crackers
April 17	April 18	April 19	April 20	April 21
Chicken w/Gravy Bread Stuffing Roasted Potatoes Broccoli & Cauliflower Florets Apricots	Swiss Steak w/ Tomato-Onion Sauce Brussels Sprouts Barley Pears	Cabbage Roll Whipped Potatoes Mixed Veggies Italian Bread Golden Delicious Apple	Coney Island Hot Dog with Chili Mexican Medley (corn/black beans/ onions /red pepper) Hot Dog Bun Tangerine	Cheese Lasagna Cooked Spinach Whole Wheat Dinner Roll Banana
April 24	April 25	April 26	April 27	April 28
Open Face Meatloaf Sandwich w/Gravy Scalloped Potatoes Carrots White Bread Pineapple Tidbits	Pork Dijon Whipped Potatoes Stewed Tomatoes w/Zucchini Honey Wheat Bread Pear Cuts	Italian Meatballs w/ Marinara Sauce Cubed Butternut Squash Yellow Beans Hot Dog Bun Fudge Brownie w/M&M's 	Lemon Pepper Cod Macaroni & Cheese Sliced Beets Rye Bread Orange	Creole Chicken Cauliflower Brown Rice Wheat Bread Banana



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.





CONGREGATE MEAL MENU May 2023



May 1	May 2	May 3	May 4	May 5
Beef Tips w/Gravy Whipped Horseradish Potatoes Peas Wheat Bread Peach Cuts	Tuna Noodle Casserole Carrots Whole Grain Roll Tangerine Graham Crackers	Chicken Divan Brown Rice Broccoli Honey Wheat Bread Apricots	Rotini w/Meat Sauce Yellow Beans w/Mushrooms Italian Bread Orange	Salisbury Steak w/Gravy Savory Potatoes Brussels Sprouts Multi-Grain Bread Fruit Cocktail
May 8	May 9	May 10	May 11	May 12
Beef Chili w/Beans Carrots & Cauliflower Brown Rice Oyster Crackers Red Delicious Apple	Roast Beef w/Gravy Buttered Noodles Beets Multi-Grain Bread Orange	Chicken Breast w/ Mandarin Orange Glaze Gourmet Potatoes French Cut Green Beans & Almonds Dinner Roll Pineapple	Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Peas Wheat Bread Fruit Cocktail	Chicken Patty w/Mozzarella Cheese & Marinara Sauce Broccoli Italian Bread Banana
May 15	May 16	May 17	May 18	May 19
Swiss Steak w/Tomato-Onions Scalloped Potatoes Vegetable Medley Rye Bread Peaches	Tuscan Chicken Breast (spinach, sundried tomatoes) Butternut Squash Beets Italian Bread Tangerine Sugar Cookie	Roast Beef w/Gravy Confetti Orzo Steamed Cabbage Yellow Delicious Apple	Stuffed Pepper Whipped Potatoes Yellow Beans Wheat Bread Jelly roll	Hot Dog w/Sauce Mexican Corn Hot Dog Bun Tangerine
May 22	May 23	May 24	May 25	May 26
Chicken Breast w/Gravy Mashed Potatoes Broccoli Florets Dinner Roll Yellow Delicious Apple	4 Cheese Baked Ziti Beets Rye Bread Orange	Meatloaf w/Tomato Gravy Cauliflower Florets Yams w/Brown Sugar Italian Bread Peaches	Baked Cod Florentine Haluski Stewed Tomatoes Wheat Roll Banana	Cowboy Burger w/Mushrooms & Onions Whole Wheat Bun Low-Sod. Baked Beans Tangerine
May 29	May 30	May 31	 Remember - our fallen heros. They are the reason that we are free.	
HDM only	Boneless Pork Loin w/Dijon Sauce Lemon Potatoes Broccoli Florets Rye Bread Applesauce	Beef Meatballs w/Sauce Pasta Springs Italian Green Beans Italian Bread Banana		

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CONGREGATE MEAL MENU June 2023



					June 1	June 2
					Lemon Pepper Cod Macaroni & Cheese Stewed Tomatoes 12 Grain Bread Fuji Apple	Chicken Breast w/ Lemon Cream Sauce Gourmet Potatoes Peas w/Pearl Onions Honey Wheat Bread Orange
June 5	June 6	June 7	June 8	June 9		
Cowboy Hamburger Baked Beans Sauteed Mushrooms & Onions Whole Wheat Bun Tangerine	Creole Beef w/Tomato & Onion Sauce Barley Broccoli & Cauliflower Italian Bread Peaches	Cabbage Roll Whipped Potatoes Carrot Coins w/Parsley Little Debbie cupcake 	Chicken Breast w/Gravy Potatoes w/Chives & Parsley Midori Blend Honey Wheat Bread Strawberry Fruit & Grain Bar	4-Cheese Ziti Summer Squash & Yellow Beans 12 Grain Bread Banana		
June 12	June 13	June 14	June 15	June 16		
White Bean, Turkey & Corn Chili Cooked Baby Carrots Brown Rice Italian Bread Pineapple & Mandarin Oranges	Open Face Meatloaf Sandwich w/Gravy Roasted Potatoes Cauliflower, Carrot Coins & Red Peppers 12 Grain Bread Tropical Fruit Mix	Chicken Divan w/Egg Noodles Broccoli Spears Whole Wheat Dinner Roll Apple	Roast Beef Cabbage w/Caraway Seeds Whipped Horseradish Potatoes Dark Rye Bread Pears	Tuna Noodle Casserole w/Peas Stewed Tomatoes Honey Wheat Bread Banana		
June 19	June 20	June 21	June 22	June 23		
Beef Tips w/Gravy Barley Orange Glazed Carrots Whole Wheat Bread Pineapple & Mandarin Oranges	Turkey Breast w/Gravy & Stuffing Cranberry Sauce Broccoli Pears Fig Newtons	Stuffed Pepper Garlic Whipped Potatoes Yellow Beans Italian Bread Apple	Baked Cod w/Dill Sauce Au Gratin Potatoes French Cut Green Beans Multi-Grain Bread Orange Fruit & Grain Bar	Pork Loin w/Mustard Glaze Yams w/Brown Sugar & Margarine Brussels Sprouts Dinner Roll Applesauce		
June 26	June 27	June 28	June 29	June 30		
Beef Meatballs w/Teriyaki Sauce Scalloped Potatoes Broccoli Dinner Roll Apricots	Chicken Patty w/Mozzarella Cheese & Marinara Peas w/Pearl Onions Italian Bread Tangerine	Stuffed Cabbage Garlic Whipped Potatoes Carrot Coins Wheat Bread Peach Cuts	Roast Beef w/Gravy Brown Rice Beets Multi-Grain Bread Orange Graham Crackers	4-Cheese Baked Ziti w/Marinara Sauce Cooked Spinach Rye Bread Banana		

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