

HOME DELIVERED MEAL MENU

April 2023



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



April 3 Beef Meatballs w/Teriyaki Sauce Scalloped Potatoes Broccoli Dinner Roll Apricots	April 4 Chicken Patty w/Mozzarella Cheese & Marinara Peas w/Pearl Onions Italian Bread Tangerine	April 5 Stuffed Cabbage Garlic Whipped Potatoes Carrot Coins Wheat Bread Peach Cuts	April 6 Roast Beef w/Gravy Brown Rice Beets Multi-Grain Bread Orange Graham Crackers	April 7 4-Cheese Baked Ziti w/Marinara Sauce Cooked Spinach Rye Bread Banana
April 10 Fajita Chicken Mixed Vegetables Brown Rice with Black Beans Dinner Roll Pineapple Cuts	April 11 Roast Beef w/Gravy Savory Potatoes Cooked Spinach Whole Wheat Bread Gala Apple	April 12 Porcupine Meatballs w/Noodles & Sauce Green Beans Honey Wheat Bread Orange	April 13 Herb Baked Chicken Breast w/Gravy Yams with Brown Sugar & Margarine Brussels Sprouts Multi-Grain Bread Fruit Cocktail Oatmeal Raisin Cookie	April 14 4 Cheese Baked Ziti Cooked Broccoli Multi-Grain Dinner Roll Banana
April 17 Beef Hamburger w/Bun Baked Beans Carrots Tangerine	April 18 BBQ Lean Beef Whipped Potatoes Cauliflower Wheat Bun Fruit Cocktail	April 19 Boneless Pork Loin w/Gravy Lemon Potatoes Broccoli Florets Rye Bread Applesauce	April 20 Chicken Breast w/Piccata Sauce Gourmet Potatoes Peas Honey Wheat Bread Red Delicious Apple	April 21 Cod with Creamy Dill Sauce Yams Italian Stewed Tomatoes Multi-Grain Bread Sliced Peaches Graham Crackers
April 24 Chicken w/Gravy Bread Stuffing Roasted Potatoes Broccoli & Cauliflower Florets Apricots	April 25 Swiss Steak w/ Tomato-Onion Sauce Brussels Sprouts Barley Pears	April 26 Cabbage Roll Whipped Potatoes Mixed Veggies Italian Bread Golden Delicious Apple	April 27 Coney Island Hot Dog with Chili Mexican Medley (corn/black beans/ onions /red pepper) Hot Dog Bun Tangerine	April 28 Cheese Lasagna Cooked Spinach Whole Wheat Dinner Roll 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.

