

CONGREGATE MEAL MENU – December 2023 (revised)

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

Metz Culinary Management



December 4

Chicken Breast
w/Gravy
Carrot Coins
Cauliflower Cheddar
Bisque
Bread Slice
Fresh Fruit Salad

December 11

Vegetable Lasagna
Balsamic Glazed
Broccoli
Romaine Mandarin
Salad
Whole Wheat Bread
Vanilla Greek Yoghurt

December 18

Stuffed Pepper
Mashed Potatoes
Grilled Vegetables
Whole Wheat Bread
Apricots

December 25

Roast Pork
Soup

**CHRISTMAS -
SENIOR CENTER
CLOSED**



December 5

Beef Stew
Baby Carrots
Mashed Potatoes
Biscuit
Vanilla Pudding

December 12

Herb Baked Salmon
Scalloped Potatoes
Roasted Brussels
Sprouts
Whole Wheat Bread
Chocolate Pudding

December 19

Herbed Petite Beef
Tenderloin w/Demi Glace
Roasted Sunset Blend
Strawberry &
Red/Green Leaf Salad
Orzo
Gelatin

December 26

Swedish Meatballs
Buttered Noodles
Baby Carrots
Fresh Fruit Salad

December 6

Ham & Swiss
Sandwich
Three Bean Salad
Fresh Pineapple

December 13

HOLIDAY MEAL
Roast Turkey w/Gravy
Mashed Potatoes
Glazed Carrots
Cranberry Sauce
Whole Wheat Bread
Apple Pie
w/Whipped Topping

December 20

Turkey & Cheddar
Sandwich
w/mayo/lettuce/tomato
Three Bean Salad
Fresh Apple

December 27

Summer Berry Salad
w/Chicken & Chow
Mein Noodles
Mango & Pineapple
Salad
Whole Wheat Bread
Sugar Cookie



December 7

Italian Sausage
w/Peppers
Hot Dog Roll
Sauteed Spinach
Watermelon Salad
Oatmeal Raisin Cookie

December 14

HOLIDAY MEAL
BBQ Pulled Pork
Sandwich
Fire Roasted Sweet
Potato
Coleslaw
Fresh Fruit Salad

December 21

Pesto Chicken
Roasted Broccoli
Buttered Farfalle Pasta
Banana
Shortbread Cookie

December 28

Chicken Marsala
Mashed Potatoes
Herbed Petite Green
Beans
Whole Wheat Bread
Chocolate Pudding

December 1

Meatloaf w/Gravy
Cheesy Mashed Potatoes
Orange Herb Roasted
Beets
Whole Wheat Bread
Gelatin

December 8

Cod w/Lemon Pepper
Tartar Sauce
Brown Rice Pilaf
Tomato Bisque Soup
Fresh Honey Dew

December 15

Asian-inspired Orange
Chicken
Broccoli
Asian Cucumber Salad
Vegetable Fried Rice
Sugar Cookie

December 22

Stuffed Cabbage
Mashed Potatoes
Zucchini Parmesan
Soup
Whole Wheat Bread
Vanilla Greek Yoghurt

December 29

Pub Steakburger
Diced Potatoes
Broccoli Slaw
Fresh Cantaloupe

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

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.

