

HOME DELIVERED MEAL MENU – December 2023

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

Nutrition, Inc.



December 4

Pork Loin w/Gravy
Scalloped Potatoes
Broccoli
White Bread
Cookie



December 5

Sweet & Sour Chicken
w/Sauce
White Rice
Stir Fry Veggies
Wheat Bread
Mixed Fruit



December 7

Chicken & Dumplings
Seasoned Potatoes
Yellow Beans
Wheat Bread
Fresh Fruit

December 1

Fiesta Chicken Breast
w/Salsa & Cheddar
Cheese
Cilantro Lime Rice
Black & Gold Corn
Fresh Fruit

December 8

Meatballs w/Gravy
Buttered Noodles
Peas
Wheat Bread
Mandarin Oranges

December 11

Chicken Cutlet
Cheesy Potatoes
Carrots
White Bread
Gelatin

December 12

Lasagna w/Vegetable
Cream Sauce
Italian Green Beans
Dinner Roll
Warm Apple Crisp

December 13

Pepper Steak w/Gravy
Cabbage & Noodles
Peas
Wheat Bread
Fresh Fruit

December 14

Meatball Hoagie
Home Fries
Green Beans
Pineapple Tidbits

December 15

Breaded Fish
Macaroni & Cheese
Stewed Tomatoes
Wheat Bread
Fresh Fruit

December 18

Holiday Meal
Turkey
w/Stuffing & Gravy
Whipped Potatoes
Brussels Sprouts
White Bread
Fruit Cup
Apple Pie

December 19

Cheeseburger
Seasoned Potatoes
Peas
Hamburger Roll
Peaches

December 20

White Chicken Chili
Carrots
Brown Rice
Fresh Seasonal Fruit

December 21

Egg Frittata
w/Ham, Peppers &
Cheese
Home Fries w/Cheese
Mini Biscuit
Fresh Fruit

December 22

Potato Crusted Fish
Cheesy Whipped
Potatoes
Mixed Veggies
White Bread
Fruit Cup

December 25

Herb Roasted Chicken
Breast w/Gravy
Peas & Carrots
Brussels Sprouts
White Bread
Cookie

December 26

Cabbage Roll
w/Tomato Sauce
Garlic Whipped
Potatoes
Carrots
Dinner Roll
Little Debbie

December 27

Meatloaf w/Gravy
Seasoned Potatoes
Corn
White Bread
Fresh Fruit

December 28

Pork Loin w/Gravy
Au Gratin Potatoes
Warm Apples
w/Oatmeal Topping
Dinner Roll
Fresh Fruit

December 29

Swiss Steak
w/Tomato-Onion
Sauce
White Rice
Winter Blend
Warm Cinnamon
Pears

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.

