

CONGREGATE MEAL MENU

Metz Culinary Management
January 2024



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

January 1	January 2	January 3	January 4	January 5
Spaghetti w/Meatballs Broccoli Side Salad w/Dressing Jell-O	Pulled Pork Sandwich Coleslaw Chuckwagon Corn Cantaloupe	Orange Chicken Stir Fry Veggie Blend Vegetable Fried Rice Bread w/Margarine Diced Pineapple	Chicken BLT Salad w/Dressing Bread w/Margarine Fresh Fruit Salad	Italian Asiago Stuffed Gnocchi Carrots Cauliflower Bread w/Margarine Greek Yoghurt
January 8	January 9	January 10	January 11	January 12
Maple Glazed Pork w/Cider Gravy Sweet Potato Cubes Brussels Sprouts Bread w/Margarine Oatmeal Cookie	Pub Steakburger Broccoli w/Ranch Stuffed Pepper Soup Chocolate Pudding	Tri Color Tortellini w/Sauce Mediterranean Veggie Blend Bread w/Margarine Fresh Orange	Ham Salad Sandwich Broccoli Slaw Fresh Grapes	Cheese Ravioli w/Sauce Buttered Winter Veggie Blend Bread w/Margarine Mandarin Oranges
January 15	January 16	January 17	January 18	January 19
Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango Sugar Cookie	Stuffed Pepper w/Meat Sauce Steamed Broccoli Roasted Red Peppers Bread w/Margarine Pound Cake	Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Bread w/Margarine Fresh Pear Chocolate Chip Cookie	Italian Sub Tossed Salad w/Dressing Fresh Apple	Mojo Marinated Cod Fillet Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Fresh Clementine
January 22	January 23	January 24	January 25	January 26
Firehouse Chili Broccoli Carrots Bread Cantaloupe Saltine Crackers	Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread w/Margarine Greek Yoghurt	Chicken Alfredo Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie	Classic Cobb Salad w/Chicken Bread w/Margarine Fresh Orange	Sausage and Peppers w/Hot Dog Roll Diced Potatoes Peppers & Onions Fresh Fruit Salad
January 29	January 30	January 31		
Meatloaf w/Gravy Mashed Potatoes Green Beans Bread w/Margarine Banana Bread	Chicken Cordon Bleu Carrots Butternut Squash Soup Bread w/Margarine Strawberry Banana Applesauce	Beef Stroganoff Cauliflower Peas Buttered Rotini Pound Cake w/Strawberries		

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.



12.11.23