

HOME DELIVERED MEAL MENU

NUTRITION, INC.
January 2024



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

January 1	January 2	January 3	January 4	January 5
Pasta & Meatballs w/Marinara Italian Sausage New Year's Day Centers Closed Mandarin Oranges	Cabbage Roll Garlic Whipped Potatoes Carrots Dinner Roll Applesauce	Tuscan Chicken Breast Parsley Potatoes Green Beans White Bread Fresh Seasonal Fruit Cookie	Roast Beef & Gravy Buttered Noodles Mixed Vegetables Wheat Bread Fresh Fruit	Cheese Lasagna Broccoli Cheddar Cheese Dinner Roll Warm Peach Crisp
January 8	January 9	January 10	January 11	January 12
Beef Marsala Whipped Potatoes Green Beans White Bread Fresh Seasonal Fruit	Chicken & Rice w/Peas & Mushrooms Broccoli Wheat Bread Warm Pears	Italian Sausage w/ Hot Dog Roll Peppers Tomato & Onion Spinach Oatmeal Crème Pie	Orange Chicken White Rice Stir Fry Veggies Wheat Bread Pineapple	Vegetable Lasagna Italian Green Beans Dinner Roll Warm Sliced Apples
January 15	January 16	January 17	January 18	January 19
Chicken Parm Sandwich Home Fries Peppers Onion & Tomato Gelatin	Mushroom Swiss Burger Carrots Seasoned Potatoes Tropical Fruit Cup	Pepper Steak w/Gravy Cabbage & Noodles Peas Wheat Bread Fresh Seasonal Fruit	Open Face Turkey w/Gravy Garlic Whipped Potatoes Peas White Bread Mandarin Oranges	Black Bean Chili Green Beans Rice White Bread Fresh Seasonal Fruit Cookie
January 22	January 23	January 24	January 25	January 26
Pork w/Stuffing & Gravy Whipped Potatoes Carrots White Bread Applesauce	Cheeseburger Seasoned Potatoes Peas Peaches	White Chicken Chili Carrots Brown Rice White Bread Fresh Fruit	Chicken Bruschetta w/Mozzarella Cheese Peas Italian Potatoes Wheat Bread Pineapple	Eggplant Parm Pasta Fagioli White Bread Fresh Seasonal Fruit
January 29	January 30	January 31		
Homemade Meatloaf w/Gravy Sweet Potato Casserole w/Pecans Corn Wheat Bread Fruit Cocktail	Pork w/Gravy Pierogi w/Kraut Brussels Sprouts Dinner Roll Pineapple	Rosemary Chicken Garlic Whipped Potatoes Brussels Sprouts White Bread Mandarin Oranges		

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.

