

CONGREGATE MEAL MENU

Metz Culinary Management

November 2024



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

November 1				
Chicken w/Gravy Broccoli & Cauliflower Roasted Potato Wedge Bread Apple Lorna Doone cookie				
November 4	November 5	November 6	November 7	November 8
Penne & Meatballs Broccoli Side Salad w/Dressing Jello	Orange Chicken Stir Fry Veggie Blend Veggie Fried Rice Bread Diced Pineapple	Pulled Pork Sandwich Coleslaw Chuckwagon Corn Sandwich Roll Fresh Cantaloupe	Chicken BLT Salad Zucchini Parmesan Soup Bread Fresh Fruit Salad Oreo cookies	Vegetable Lasagna Carrots Side Salad w/Dressing Garlic Knot Fresh Orange
November 11	November 12	November 13	November 14	November 15
Maple Glazed Pork w/ Cider Gravy Roasted Sweet Potatoes Balsamic Glazed Brussels Sprouts Bread Banana Pudding w/Nilla Wafers	Pub Steakburger w/Cheese Broccoli w/Ranch dip Tomato Soup Sandwich Roll Fresh Orange	Ham & Cheese Frittata Greek Tossed Salad Roasted Red Potato Wedges Bread Greek Yogurt w/Berries	Italian Hoagie Tossed Salad w/Dressing Fresh Apple	Chicken Filet Parmesan Strawberry Spinach Salad w/Dressing Garlic Green Beans Penne Pasta w/Sauce Fig Newton Cookies
November 18	November 19	November 20	November 21	November 22
Stuffed Pepper Broccoli Mashed Potatoes Bread Pound Cake w/Peaches	Broccoli & Cheese Stuffed Chicken Green Beans & Tomatoes Creamy Spinach Orzo Pasta Fresh Fruit Salad	Petite Tenderloin Medallions Dilled Carrots Mashed Potatoes Bread Pear	Orchard Salad w/Chicken (lettuce/cheese/ apples/craisins) Garlic Knot Greek Yogurt w/Berries	Mojo Marinated Cod Fillet Coleslaw Corn/Sweet Potato Soup Cilantro Lime Brown Rice Fresh Orange
November 25	November 26	November 27	November 28	November 29
Firehouse Chili Broccoli Brown Rice Bread Fresh Cantaloupe	Chicken w/Gravy Broccoli & Cauliflower Roasted Potato Wedge Bread Apple Lorna Dune	Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread Greek Yogurt w/Berries	Deli Plate (chicken salad/ lettuce/ bread/ soup/ orange Bern vanilla Cookies	Sausage & Peppers Diced Potatoes Penne Pasta Bread



Happy
Thanksgiving

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.