

HOME DELIVERED MEAL MENU

NUTRITION, INC.
January 2025



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

		January 1	January 2	January 3
	January 6	January 7	January 8	January 9
	Meatloaf w/ Gravy Mashed Potatoes Corn Wheat Bread Fruit Cocktail	Pork w/ Gravy Pierogi w/Kraut Broccoli Wheat Bread Fruit Gel Cup	Rosemary Chicken Garlic Whipped Potatoes Brussels Sprouts White Bread Mandarin Oranges	Chili Dog w/ Bun Chili Sauce Green Beans Fresh Fruit
	January 13	January 14	January 15	January 16
	Sausage Pizza Casserole Broccoli Dinner Roll Warm Peaches	Beef Stroganoff Egg Noodles Broccoli White Bread Warm Pears	Swedish Meatballs Mashed Potatoes Wheat Bread Fruit Compote	Korean BBQ Chicken Stir Fried Brown Rice Warm Cinnamon Peaches
	January 20	January 21	January 22	January 23
	Hot Dog w/Roll Garlic & Herb Baby Bakers Lima Beans Mixed Fruit	Chicken Filet Broccoli Wheat Bun Warm Cinnamon Apples	Chicken Piccata Buttered Noodles Peas Wheat Bread Fresh Orange	Beef Stew Peas Dinner Roll Warm Fruit Compote
	January 27	January 28	January 29	January 30
	Pasta & Meatballs w/Marinara Italian Green Beans White Bread Raisins	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
				January 31
				Black Bean Chili Green Beans Rice White Bread Fresh Seasonal Fruit



All meals include 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.