



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

CONGREGATE MEAL MENU
July 2025

July 1		July 2		July 3		July 4	
Petite Beef Tenderloin Medallions Carrots Mashed Potatoes Bread w/Margarine Fresh Pear		Chicken Avocado Salad Sweet Pepper & Beef Soup Bread w/Margarine Diced Pineapple		Lemon Pepper Cod Broccoli Parmesan Penne Pasta Banana Bread w/Marg Fresh Apple		Stuffed Calzone Roll Macaroni & Cheese Broccoli Brown Rice Greek Yogurt w/Peaches	
July 7		July 8		July 9		July 10	
Meatloaf with Gravy Mashed Potatoes Green Beans Bread w/Margarine Jello		Turkey & Smoked Gouda Sandwich Potato Salad Mediterranean Vegetable Soup Sandwich Roll Fresh Grapes		Country Fried Steak Mashed Potatoes Maple Glazed Carrots Bread w/Margarine Pound Cake w/Berries		Southern BBQ Chicken Sauteed Greens Macaroni & Cheese Peach Applesauce	
July 14		July 15		July 16		July 17	
Raspberry BBQ Chicken Succotash Roasted Sweet Potatoes Bread w/Margarine Fresh Watermelon		Swiss Steak Broccoli Mashed Potatoes Bread w/Margarine Chocolate Pudding		Deli Plate Broccoli Cheese Soup Bread w/Margarine Berry Vanilla Cookies Fresh Cantaloupe		Korean BBQ Beef Stir-Fried Vegetables Stir-Fried Rice Bread w/Margarine Fresh Orange	
July 21		July 22		July 23		July 24	
Garlic Parmesan Meatballs Broccoli & Red Peppers Tossed Salad w/Dressing Buttered Rotini Bread w/Margarine Jello		Butter Chicken Green Beans & Tomatoes Brown Rice w/Carrots & Raisins Diced Mango Sugar Cookie		Pulled Pork Sandwich w/BBQ Sauce Coleslaw Chuckwagon Corn Fresh Pear		Honey Mustard Chicken Salad Tomato Soup Bread w/Margarine Fresh Fruit Salad	
July 28		July 29		July 30		July 31	
Smothered Pork Roasted Sweet Potatoes Balsamic Glazed Brussels Sprouts Bread w/Margarine Banana Pudding		Pub Steak Cheeseburger Broccoli w/Ranch dip Roasted Potato Wedges Sandwich Roll Fresh Apple Ketchup		Hawaiian Chicken Stir-Fried Veggies Coconut Brown Rice Tropical Fruit Margarine		Macaroni & Cheese Strawberry Spinach Salad w/Chicken Garlic Green Beans Blueberry Bread	
							



Rev 6/10/25

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.