CONGREGATE MEAL MENU

Metz Culinary Management

ALLEGHENY COUNTY

DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT

November 2025

November 3	November 4	November 5	November 6	November 7
Meatloaf with Gravy Mashed Potatoes Green Beans Bread w/Margarine Jello	**Turkey & Smoked Gouda Sandwich** Coleslaw Mediterranean Vegetable Soup Fresh Grapes	**Meat Lasagna** Salad w/Dressing Italian Veggie Blend Breadstick Chocolate Chip Cookie	**BBQ Chicken** Sauteed Onions Buttered Chuckwagon Corn Bread w/Margarine Strawberry Applesauce	**French Onion Beef Sandwich** Italian Baby Baked Potatoes Buttered Carrots Fresh Fruit Cup
November 10	**November 11**	**November 12**	**November 13**	**November 14**
Raspberry BBQ Chicken Roasted Sweet Potatoes Succotash Sandwich Roll Fresh Watermelon	**Swiss Steak** Mashed Potatoes Broccoli Bread w/Margarine Chocolate Pudding	**Deli Plate** (w/tuna & chicken salad) Broccoli Cheese Soup Bread w/Margarine Berry Vanilla Cookies Fresh Cantaloupe	**Korean BBQ Beef** Stir Fried Vegetables Vegetable-Fried Rice Bread w/Margarine Fresh Orange	**Grilled Chicken Parm** California Normandy Vegetable Blend Pasta Shells w/Sauce Pound Cake w/Berries
November 17	**November 18**	**November 19**	**November 20**	**November 21**
Smothered Pork Roasted Sweet Potatoes Brussels Sprouts Bread w/Margarine Banana Pudding	**Pub Steak Cheeseburger w/Bun** Broccoli w/Ranch Dip Roasted Potato Wedges Fresh Apple	**Hawaiian Chicken** Stir Fried Veggies Coconut Brown Rice Tropical Fruit	**Stuffed Pepper** Mashed Potatoes Broccoli Bread w/Margarine Pound Cake w/Peaches	**Greek Salad with Salmon** French Onion Soup Bread w/Margarine Fresh Orange
November 24	**November 25**	**November 26**	**November 27**	**November 28**
Meatball Rosini Broccoli & Red Peppers Tossed Salad Penne w/Sauce Bread w/Margarine Jello	**Roast Turkey** Honey Glazed Carrots Cranberry Cornbread Stuffing Bread w/Margarine Fresh Cantaloupe	**Pork Carnitas w/Tortilla** Mexican Rice Cabbage Slaw Salsa Fresh Pear	**Honey Mustard Chicken** Zu… S… Br… garine Fres… uit Salad THANKSGIVING SENIOR CENTER CLOSED	**Spanish Omelette** Diced Pot… Pep… C… Gr… w/B… …es THANKSGIVING SENIOR CENTER CLOSED

Happy Thanksgiving

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.

Rev. 9/25/25