CONGREGATE MEAL MENU

Metz Culinary Management

ALLEGHENY COUNTY

DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT

November 2026



November 2	November 3	November 4	November 5	November 6
BBQ Chicken Buttered Corn Sweet Potatoes WW Dinner Roll w/marg Fresh Clementine	**Beef Patty w/Mushroom Gravy** Buttered Mixed Vegetables Mashed Potatoes WW Dinner Roll w/marg Vanilla Greek Yogurt	**Chicken Parmesan** Roasted Buttered Brussel Sprouts WG Penne Pasta w/Sauce WW Bread w/marg Pineapple Tidbits	**Omelette & Turkey Sausage** Breakfast Potatoes WW Dinner Roll w/marg Fresh Orange	**Swiss Steak w/Tomato Gravy** Mashed Potatoes Buttered Lima Beans WW Bread w/marg Vanilla Pudding
November 9	**November 10**	**November 11**	**November 12**	**November 13**
Meatballs Stroganoff Buttered Prince Edward Vegetable Blend Buttered WW Rotini Fresh Orange	**Hot Dog w/Bun** Baked Beans Coleslaw Jello	**Chicken Fritters w/Honey Mustard** Green Beans Sweet Potatoes WW Dinner Roll w/marg Fresh Cantaloupe	**Cheese Tortellini** Side Salad California Blend Vegetables WW Dinner Roll w/marg Diced Pears	**Chicken w/Sweet Onion Sauce** Buttered Carrots Mashed Potatoes WW Dinner Roll w/marg Cookie
November 16	**November 17**	**November 18**	**November 19**	**November 20**
Sweet & Sour Chicken Carrots Veg Fried Rice Roll w/marg Fresh Orange	**Open Face Turkey Sandwich** Buttered Wax Beans Mashed Potatoes WW Bread w/marg Chocolate Pudding	**Cheeseburger** French Onion Soup Garden Seasoned Diced Potatoes Fresh Cantaloupe	**Italian Sausage & Peppers** Peas Buttered WW Rotini Roll w/marg Diced Peaches	**Turkey w/Gravy** Roasted Carrots Mashed Potatoes Dinner Roll Pumpkin Pie w/whipped topping
November 23	**November 24**	**November 25**	**November 26**	**November 27**
Stuffed Cabbage Buttered Peas Mashed Potatoes WW Dinner Roll w/marg Vanilla Greek Yogurt	**Smothered Chicken** Carrots WG Mac & Cheese WW Dinner Roll w/marg Fresh Orange Cookie	**Beef Lasagna** Buttered Italian Vegetable Blend Side Salad WW Dinner Roll w/marg Fresh Apple Slices	**BBQ Pulled P… Sandw…** C… Fre… …melon	**Chicken Kiev** Butter… C… M… W… App…
November 30				
BBQ Chicken Buttered Corn Sweet Potatoes WW Dinner Roll w/marg Fresh Clementine				

THANKSGIVING SENIOR CENTER CLOSED

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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. 10/8/26