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



HOME DELIVERED MEALS

November 2026

Nutrition, Inc.

November 2	November 3	November 4	November 5	November 6
Swedish Meatballs Mashed Potatoes Wheat Bread Warm Pears	**Korean BBQ Chicken** Stir Fried Rice Broccoli Cookie Warm Peaches	**Chicken Stew** Peas Biscuit Fresh Fruit	**Salisbury Steak/Gravy** Whipped Potatoes Carrots Dinner Roll Fresh Fruit	**Battered Fish** Red Beans & Rice Collard Greens White Bread Fresh Fruit
November 9	**November 10**	**November 11**	**November 12**	**November 13**
Fr. Onion Beef Steak Brussels Sprouts Mashed Potatoes Wheat Bread Oatmeal Crème Pie	**Beef Meatball Bourguignon** Mashed Potatoes Broccoli White Bread Pears	**Chicken Filet Sandwich** Broccoli Warm Cinnamon Apples	**Hot Dog w/Roll*** Parsley Potatoes Green Beans Mandarin Oranges	**White Bean Chili** Brown Rice Carrots Fresh Seasonal Fruit Cookie
November 16	**November 17**	**November 18**	**November 19**	**November 20**
Chicken & Rice w/peas & mushrooms Broccoli Wheat Bread Warm Pears	**Mushroom Swiss Burger w/Bun** Carrots Seasoned Potatoes Hamburger Bun Tropical Fruit Cup	**Homemade Cabbage Roll w/Tomato Sauce** Whipped Potatoes Carrots Dinner Roll Fresh Fruit	**Sausage Pizza Casserole*** Broccoli Dinner Roll Warm Peaches	**Cheese Omelet** Peppers Onions Potatoes O'Brien Mini Biscuit Fresh Seasonal Fruit
November 23	**November 24**	**November 25**	**November 26**	**November 27**
Creamy Mushroom & Garlic Meatballs Brown Rice Peppers/Onions/Tomato Fruit Cup Cookie	**Turkey Chili** Carrots White Bread Warm Peaches	**Pepper Steak w/Gravy** Buttered Pasta Broccoli Fresh Fruit	**THANKSGIVING MEAL** **Turkey w/Stuffing & Gravy** Whipped Potatoes Green Beans Wheat Bread Pumpkin Pie	**Vegetable Lasagna** Broccoli Wheat Dinner Roll Warm Peaches
November 30				
Meatloaf w/Gravy Mashed Potatoes Corn Wheat Bread Fruit Cocktail				



All meals include milk. Menus are subject to change, if necessary, due to supply ad/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 10.13.26