




**ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES
 AREA AGENCY ON AGING
 NUTRITION DEPARTMENT
 JANUARY 1 – JANUARY 31, 2019**

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1/1/19 <u>New Year's Day</u> 	1/2/19 Teriyaki Beef with Sauce Broccoli Florets Dinner Roll Wide Noodles Pineapple Cuts Graham Crackers	1/3/19 Sliced Turkey with Gravy Peas with Onions Multi-Grain Bread Couscous with Tomatoes & Zucchini Peach Cuts	1/4/19 Stuffed Cabbage with Tomato Sauce Garlic Whipped Potatoes Carrot Coins with Parsley Rye Bread Banana
1/7/19 Baked Cod with Lemon Wedge Au Gratin Potatoes Stewed Tomatoes & Zucchini Multi-Grain Bread Strawberry Fruit & Grain Bar	1/8/19 Turkey Patty with Sauce Spinach Salad Wheat Bread Haluski Fruit Cocktail	1/9/19 Cider Beef Stew (beef, celery, onions, carrots, potatoes) Wheat Roll Brown Rice Orange	1/10/19 Chicken Breast with Lemon Herb Sauce Gourmet Potatoes Italian Green Beans with Red Pepper Wheat Bread Peach Cuts	1/11/19 Roast Beef with Gravy Whipped Potatoes Broccoli Florets Dinner Roll Gala Apple Oatmeal-Raisin Cookie
1/14/19 Turkey with Gravy Spanish Rice Carrot Coins Wheat Bread Orange	1/15/19 Boneless Pork w/Gravy Butternut Squash Cuts with Margarine Cauliflower Florets Honey Cracked Wheat Bread Fuji Apple	1/16/19 Bow Ties Pasta With Beef Meatballs in Pasta Sauce Mixed Vegetables Italian Bread Pineapple Cuts	1/17/19 Chicken Leg & Thigh with Gravy Parsley Potatoes Broccoli Florets Multi-Grain Bread Banana	1/18/19 <u>Birthday Menu</u> Pepper Steak with Gravy Whipped Potatoes Green Peppers, Onions, Mushrooms, Tomatoes Dinner Roll Applesauce Cake
1/21/19 <u>Martin Luther King Day</u> Turkey Burger Potatoes with Old Bay Seasoning Winter Squash Wheat Bread Oatmeal-Raisin Cookie	1/22/19 Shredded BBQ Beef Brown Rice Pilaf Mixed Vegetables Wheat Bun Orange	1/23/19 Meatloaf with Gravy Garlic Whipped Potatoes Peas with Onions Cinnamon Applesauce	1/24/19 Chicken Breast in Marinara Sauce Scalloped Potatoes Broccoli Florets Dinner Roll Banana	1/25/19 Cod with Lemon Pepper Seasoning Macaroni & Cheese Italian Green Beans with Red Pepper Multi-Grain Bread Gala Apple
1/28/19 Chicken Breast with Light Gravy Savory Potatoes Peas & Carrots Multi-Grain Bread Apricots	1/29/19 Roast Beef with Light Gravy Whipped Potatoes Green Bean Casserole Wheat Bread Macintosh Apple	1/30/19 Turkey ala King Parsley Potatoes Broccoli Florets Honey Cracked Wheat Bread Banana	1/31/19 Spiral Pasta with Meat Sauce Tossed Salad Wheat Roll Pineapple & Mandarin Oranges Fig Newtons	

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.