



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

Monday 7/1/19	Tuesday 7/2/19	Wednesday 7/3/19	Thursday 7/4/19	Friday 7/5/19,
Beef Hamburger Baked Beans Sliced Carrots Hamburger Bun Cantaloupe Cuts Ketchup	Creole Chicken Sliced Beets Dinner Roll Brown Rice Orange	Roast Beef with Gravy Lemon Potatoes Mixed Vegetables Rye Bread Watermelon Cubes	<u>Independence Day</u> 	Spiral Pasta with meat sauce Green & Wax Beans Wheat Bread Mandarin Oranges & Pineapple Tidbits
7/8/19	7/9/19	7/10/19	7/11/19	7/12/19
Baked Cod with Paprika Au Gratin Potatoes Broccoli Florets Multi-Grain Bread Gala Apple Tartar Sauce	Meatloaf with gravy Glazed Yams Italian Green Beans with Red Pepper Wheat Bread Fruit Cocktail	Chicken Cacciatore with Sauce Noodles Leaf Spinach Dinner Roll Orange	Cold Roast Beef Sandwich with Swiss Cheese, Lettuce & Tomato Coleslaw White Bean Salsa Rye Bread Plum	Birthday Menu Turkey Teriyaki Meatballs with Sauce Confetti Brown Rice Sliced Carrots Angel Food Cake with Strawberries
7/15/19	7/16/19	7/17/19	7/18/19	7/19/19
Pork Loin with Apple Glaze Whipped Potatoes Peas & Carrots Multi-Grain Bread Sliced Peaches	Chicken Salad Macaroni Salad Cherry Tomato Salad White Dinner Roll Nectarine	Salisbury Steak with Gravy Scalloped Potatoes Italian Green Beans Wheat Bread Cantaloupe Cuts	Chicken Breast with mushroom gravy Lemon Potatoes Broccoli Florets Honey Cracked Wheat Bread Plum	Baked Cod with Lemon Wedge Cheese Tortellini with Marinara Sauce French-Cut Green Beans 12 Grain Bread Orange Graham Crackers
7/22/19	7/23/19	7/24/19	7/25/19	7/26/19
Turkey with Gravy Butternut Squash Stewed Tomatoes Multi-Grain Bread Red Delicious Apple 2" Oatmeal-Raisin Cookie	Tuna Salad Potato Salad Sweet & Sour Coleslaw Dinner Roll Plum	Stuffed Cabbage with Ground Beef Garlic Whipped Potatoes Mixed Vegetables Honey Wheat Bread Mandarin Oranges & Pineapple Cuts	Bow Ties with Meat Sauce Yellow Beans with Mushrooms Italian Bread Orange	Chef's Salad Bowl Chicken Strips Cheddar Cheese Lettuce & Tomato Wedges Chick Pea Salad Wheat Bread Watermelon Cuts Light French Dressing
7/29/19	7/30/19	7/31/19		
Pepper Steak with Gravy Green Peppers, Onions, Tomatoes Barley Wheat Bread Fruit Cocktail	BBQ Pork Au Gratin Potatoes Peas & Carrots Hamburger Bun Nectarine	Chicken Breast with Lemon Cream Sauce Broccoli Florets Brown Rice Pilaf Dinner Roll Apple		

All meals include a choice of 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.