

ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
DECEMBER 1 – DECEMBER 30, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		 December	12/1/16 Boneless Pork with Dijon Sauce Scalloped Potatoes Mixed Vegetables Honey Wheat Bread Banana	12/2/16 Turkey Divan (turkey, broccoli spears) White Sauce Brown Rice Dinner Roll Peach & Pear Cuts
	12/5/16 Rotini with Meat Sauce Italian Green Beans with Red Pepper Italian Bread Fruit Cocktail		12/6/16 Roast Beef with Gravy Lemon Parsley Potatoes Carrot Coins Rye Bread Orange	12/7/16 <u>Birthday Menu</u> Cabbage Roll with Tomato Sauce Whipped Horseradish Potatoes Tossed Salad Yellow Cake w/Powered Sugar Drizzle
12/12/16 Teriyaki Meatballs Scalloped Potatoes Green Beans Wheat Bread Pineapple & Mandarin Oranges	12/13/16 Apple & Spice Pork with Sauce Sliced Beets Wheat Bread Wide Noodles Orange	12/14/16 Chicken Marinara Oven Browned Potatoes Spinach Salad Multi-Grain Bread Peach Slices	12/15/16 Roast Beef with Gravy Whipped Potatoes Peas & Carrots Dinner Roll Cinnamon Applesauce	12/16/16 Turkey & Black Bean Chili Cheddar Cheese Coleslaw Brown Rice Rye Bread Apricots
12/19/16 Turkey with Gravy Gourmet Potatoes Broccoli, Green Peppers, Corn Wheat Bread Macintosh Apple	12/20/16 Baked Cod with Lemon Pepper Seasoning Au Gratin Potatoes Stewed Tomatoes with Zucchini Multi-Grain Bread Fruit Cocktail	12/21/16 <u>Holiday Meal</u> Chicken Breast with Lemon Herb Sauce Whipped Potatoes with Chives Whole Green Beans Stuffing Apple Pie	12/22/16 Bow Ties in Meat Sauce Tossed Salad Italian Bread Banana	12/23/16 Hearty Beef Stew Rye Bread Barley Pineapple Tidbits
12/26/16 <u>Christmas Celebrated</u> 	12/27/16 Chicken Leg & Thigh with Gravy Brown Rice Pilaf Broccoli Multi-Grain Bread Apple	12/28/16 BBQ Boneless Country Ribs Scalloped Potatoes Cauliflower with Red Pepper Wheat Bread Fruit Cocktail	12/29/16 Open Face Turkey Sandwich with Gravy Whipped Potatoes Creole Green Beans Multi-Grain Bread Tangelo	12/30/16 Beef & Kidney Bean Chili Cheddar Cheese Italian Green Beans Rye Bread Wheat Macaroni Pineapple Cuts