

ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES
 AREA AGENCY ON AGING
 NUTRITION DEPARTMENT
 FEBRUARY 1 – FEBRUARY 28, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2/1/17 Chicken Breast with Gravy Savory Potatoes Mixed Vegetables Multi-Grain Bread Apricots	2/2/17 Spiral Pasta with Turkey Meat Sauce Tossed Salad (romaine, leaf, chopped tomatoes, cucumbers) Italian Bread Banana	2/3/17 Hearty Beef Stew Barley Dinner Roll Orange
2/6/17 Pulled BBQ Pork Sandwich Parsley Potatoes Broccoli Florets Wheat Bun Fruit Cocktail	2/7/17 Tuna Salad Confetti Rice Salad Marinated Cucumbers Wheat Bread Orange	2/8/17 <u>Birthday Menu</u> Stuffed Pepper Whipped Potatoes Carrot Coins Rye Bread Cherry Cake with Powdered Sugar Dusting	2/9/17 Lemon Pepper Cod Macaroni & Cheese Italian Green Beans Honey Wheat Bread Pineapple Tidbits	2/10/17 Tex-Mex Chicken Salad Coleslaw Dinner Roll Red Delicious Apple
2/13/17 Salisbury Steak with Spanish Tomato Sauce Parsley Potatoes with Chives Green & Wax Beans Honey Wheat Bread Orange	2/14/17 <u>Valentine's Day Menu</u> Lasagna Roll with Light Alfredo Sauce Spinach Salad Carrots & Sugar Snap Peas Italian Bread Sugar Cookies with Red Sprinkles	2/15/17 Baked Cod Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Tartar Sauce Sliced Peaches	2/16/17 Turkey with Gravy Vegetable Medley (cauliflower, summer squash, red pepper) Wheat Stuffing Dinner Roll Banana	2/17/17 Roast Beef with Gravy Whipped Potatoes Broccoli Florets Wheat Bread Creamy Applesauce Dessert
2/20/17 <u>President's Day</u> Cowboy Burger with Onions & Mushrooms Glazed Carrots French Cut Green Beans Wheat Bun Orange	2/21/17 Honey Mustard Chicken Whipped Yams Broccoli & Cauliflower Wheat Bread Pear Cuts	2/22/17 Penne & Turkey Meatballs Tossed Salad (romaine, chopped green peppers, cucumbers) Italian Bread Apple	2/23/17 Apple Spice Pork with Sauce Whipped Potatoes Italian Green Beans Dinner Roll Chunky Applesauce	2/24/17 Cider Beef Stew Sweet & Sour Coleslaw Brown Rice Sliced Peaches
2/27/17 Turkey Burger Parsley Potatoes Peas & Carrots Bun Fruit Cocktail Dijonnaise	2/28/17 Pepper Steak w/onions, green pepper, mushrooms Wild Rice & Orzo Multi-Grain Bread Tangerine			