

ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES
 AREA AGENCY ON AGING
 NUTRITION DEPARTMENT
 JANUARY 2 – JANUARY 31, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2/17 New Year's Day Observed	1/3/17 Chicken Thigh with Gravy Whipped Yams Green Beans Wheat Bread Orange	1/4/17 Springs with Meat Sauce Tossed Salad Italian Bread Banana	1/5/17 Sliced Turkey with Gravy Brussels Sprouts Multi-Grain Bread Confetti Couscous with Peas & Carrots Pineapple Tidbits	1/6/17 Stuffed Cabbage Garlic Whipped Potatoes Carrot Coins Dinner Roll Peach Cuts
1/9/17 Roast Beef with Gravy Whipped Potatoes Broccoli Florets Honey Wheat Bread Gala Apple	1/10/17 Baked Cod with Lemon Wedge Au Gratin Potatoes Stewed Tomatoes & Zucchini Multi-Grain Bread Strawberry Gelatin	1/11/17 Chicken Breast with Lemon Sauce Gourmet Potatoes Italian Green Beans Wheat Bread Peach Slices	1/12/17 Cider Beef Stew Wide Noodles Rye Bread Orange	1/13/17 Turkey Patty with Sauce Spinach Salad Wheat Bread Brown Rice Fruit Cocktail
1/16/17 Martin Luther King Day Boneless Pork with Gravy Whipped Butternut Squash Cauliflower Florets Honey Wheat Bread Cinnamon Applesauce	1/17/17 Turkey with Gravy Spanish Rice Carrot Coins Dinner Roll Orange	1/18/17 Penne Pasta With Beef Meatballs Mixed Vegetables Italian Bread Pineapple Cuts	1/19/17 Chicken Thigh Parsley Potatoes Vegetable Medley (carrots, sugar snap peas, edamame, black beans) Multi-Grain Bread Banana	1/20/17 Pepper Steak with Gravy Whipped Potatoes Wheat Bread Fuji Apple
1/23/17 Open Face Turkey Sandwich Yams Cauliflower Cuts & Zucchini Wheat Bread Diced Peaches	1/24/17 Shredded BBQ Beef Brown Rice Pilaf Carrot Coins Wheat Bun Orange	1/25/17 Birthday Menu Meatloaf with Gravy Garlic Whipped Potatoes Peas Yellow Cake with Powdered Sugar	1/26/17 Cod with Lemon Pepper Seasoning Macaroni & Cheese Italian Green Beans with Red Pepper Multi-Grain Bread Apricots	1/27/17 Chicken Breast in Marinara Sauce Scalloped Potatoes Broccoli Florets Dinner Roll Banana
1/30/17 Pulled Turkey in Cream Sauce Parsley Potatoes Peas & Carrots Multi-Grain Bread Pineapple Cuts & Mandarin Oranges	1/31/17 Roast Beef in Gravy Whipped Potatoes Green Beans Wheat Bread Macintosh Apple			