CONGREGATE MEAL MENU

Metz Culinary Management
January 2026

ALLEGHENY COUNTY

DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT

			January 1	**January 2**
			Korean BBQ B Stir Fried [illegible] [illegible]arg [illegible] Orange New Year's Day All Centers Closed	**Grilled Chicken Parm** California Normandy Vegetable Blend Pasta Shells Pound Cake w/Berries
January 5	**January 6**	**January 7**	**January 8**	**January 9**
Smothered Pork Roasted Sweet Potatoes Brussels Sprouts WW Bread w/marg Banana Pudding	**Beef Barbacoa** Black Bean & Corn Vegetable Blend Brown Rice Guacamole Fresh Fruit Salad	**Crab Cake** w/ Cocktail Sauce Tossed Salad Macaroni & Cheese WW Bread w/marg Diced Peaches	**Stuffed Pepper Casserole** Green Beans Mashed Potatoes WW Bread w/marg Cinnamon Applesauce	**Greek Salad w/Salmon** Garden Vegetable Soup WW Bread w/marg Fresh Orange
January 12	**January 13**	**January 14**	**January 15**	**January 16**
Raspberry BBQ Chicken Broccoli & Cauliflower Roasted Sweet Potatoes WW Sandwich Roll Oatmeal Cookie	**Sausage & Peppers** w/tomato sauce and Hoagie Roll Diced Potatoes Peppers & Onions Jell-O	**Chicken Avocado Salad** Sweet Pepper & Beef Soup WW Bread w/marg Tropical Fruit	**Firehouse Chili** Corn Brown Rice WW Bread w/marg Fresh Pineapple	**Vegetable Lasagna** Carrot Coins Tossed Salad WW Bread w/marg Fresh Cantaloupe
January 19	**January 20**	**January 21**	**January 22**	**January 23**
Petite Beef Tenderloin Marsala Carrots Mashed Potatoes WW Bread w/marg Fresh Pear	**Chicken Ceasar Salad** Tomato Soup Croutons WW Bread w/marg Diced Pineapple	**Stuffed Cabbage Casserole** Mashed Potatoes Green Beans WW Bread w/marg Greek Yogurt w/Peaches	**Chicken Parmesan Sandwich** Tossed Salad Italian Baby Baked Potatoes Pound Cake w/Berries	**Mojo Marinated Cod Filet** Caribbean Veggie Blend Cilantro Lime Rice WW Bread w/marg Fresh Orange
January 26	**January 27**	**January 28**	**January 29**	**January 30**
Turkey & Swiss Croissant Sandwich Coleslaw Mediterranean Vegetable Soup Fresh Grapes	**Korean Beef BBQ** Stir Fried Vegetables Vegetable Fried Rice WW Bread w/marg Fresh Orange	**Broccoli Cheese Stuffed Chicken** Peas & Pearl Onions Rosemary Roasted Potatoes WW Bread w/marg Applesauce	**Swiss Steak** Carrots Mashed Potatoes WW Bread w/marg Chocolate Pudding	**Baked Three Cheese Pasta Florentine** Italian Normandy Blend Garlic Breadstick Mixed Fruit

All meals include 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.

11.19.25