


HOME DELIVERED MEAL MENU

NUTRITION, INC.
January 2026



ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT

		January 1	January 2	
		Roast Beef & Gravy Buttered Noodles Mixed Vegetables Wheat Bread Fresh Fruit	Cheese Omelet w/Ham Peppers & Onions Potatoes O'Brien Mini Biscuit Fresh Seasonal Fruit	
January 5	January 6	January 7	January 8	January 9
Open Face Roast Beef Sandwich Mashed Potatoes Carrots Fruit Gel Cup	Bonnie's Chicken & Rice w/Peas & Mushrooms Broccoli Wheat Bread Warm Pears	Italian Sausage* on Hot Dog Roll w/Pepper Tomato Onion Cauliflower Oatmeal Crème Pie	Beef Marsala Garden Rice Green Beans Fresh Seasonal Fruit	Vegetable Lasagna Broccoli Wheat Dinner Roll Warm Peaches
January 12	January 13	January 14	January 15	January 16
Creamy Mushroom & Garlic Chicken Wild Rice Peppers/Onions/Tomato Fruit Cup Chocolate Chip Muffin Loaf	Pepper Steak w/Gravy Buttered Spaetzle Broccoli Fruit Cup	Ham BBQ * w/Hamburger Bun Potato Soup Mandarin Oranges	Mushroom Swiss Burger w/Bun Carrots Seasoned Potatoes Tropical Fruit Cup	Manicotti Broccoli Dinner Roll Warm Peach Crisp
January 19	January 20	January 21	January 22	January 23
Turkey w/Stuffing & Gravy Whipped Potatoes Green Beans Wheat Bread	Teriyaki Meatballs Brown Rice Broccoli Banana Bread	Turkey Chili Mac & Cheese White Bread Berry Compote	French Onion Chop Steak Asparagus & Peppers Mashed Potatoes Wheat Bread Cookie	Eggplant Parm Pasta Fagioli White Bread Fresh Seasonal Fruit
January 26	January 27	January 28	January 29	January 30
Meatloaf w/Gravy Mashed Potatoes Corn Wheat Bread Fruit Cocktail	Pork w/Gravy * Pierogi w/kraut Broccoli Wheat Bread Fruit Gel Cup	Chicken Cordon Bleu Broccoli & Cauliflower Soup Wheat Bread Mandarin Oranges	Chili Dog w/Bun * w/Chili Sauce Green Beans Fresh Fruit	Alfredo Tortellini Spinach Stewed Tomatoes Fresh Fruit Cookie



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.