



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

CONGREGATE MEAL MENU
July 2025

July 1		July 2		July 3		July 4	
Petite Beef Tenderloin Medallions Carrots Mashed Potatoes Bread w/Margarine Fresh Pear		Chicken Avocado Salad Sweet Pepper & Beef Soup Bread w/Margarine Diced Pineapple		Lemon Pepper Cod Broccoli Parmesan Penne Pasta Banana Bread w/Marg Fresh Apple		Stuffed Calzone Roll Macaroni & Cheese Brown Rice Greek Yogurt w/Peaches	
July 7 Meatloaf with Gravy Mashed Potatoes Green Beans Bread w/Margarine Jello		July 8 Turkey & Smoked Gouda Sandwich Potato Salad Mediterranean Vegetable Soup Sandwich Roll Fresh Grapes		July 9 Country Fried Steak Mashed Potatoes Maple Glazed Carrots Bread w/Margarine Pound Cake w/Berries		July 10 Southern BBQ Chicken Sauteed Greens Macaroni & Cheese Peach Applesauce	
July 11 Beef Barbacoa Black Bean and Corn Vegetable Blend Brown Rice Guacamole Fresh Fruit Salad		July 14 Raspberry BBQ Chicken Succotash Roasted Sweet Potatoes Bread w/Margarine Fresh Watermelon		July 15 Swiss Steak Broccoli Mashed Potatoes Bread w/Margarine Chocolate Pudding		July 16 Deli Plate Broccoli Cheese Soup Bread w/Margarine Berry Vanilla Cookies Fresh Cantaloupe	
July 17 Korean BBQ Beef Stir-Fried Vegetables Stir-Fried Rice Bread w/Margarine Fresh Orange		July 18 Stuffed Shells Green Beans Italian Seasoned Carrots Diced Pears		July 21 Garlic Parmesan Meatballs Broccoli & Red Peppers Tossed Salad w/Dressing Buttered Rotini Bread w/Margarine Jello		July 22 Butter Chicken Green Beans & Tomatoes Brown Rice w/Carrots & Raisins Diced Mango Sugar Cookie	
July 23 Pulled Pork Sandwich w/BBQ Sauce Coleslaw Chuckwagon Corn Fresh Pear		July 24 Honey Mustard Chicken Salad Tomato Soup Bread w/Margarine Fresh Fruit Salad		July 25 Spanish Omelette Diced Potatoes Peppers & Onions Croissant & Margarine Greek Yogurt w/Berries		July 28 Smothered Pork Roasted Sweet Potatoes Balsamic Glazed Brussels Sprouts Bread w/Margarine Banana Pudding	
July 29 Pub Steak Cheeseburger Broccoli w/Ranch dip Roasted Potato Wedges Sandwich Roll Fresh Apple Ketchup		July 30 Hawaiian Chicken Stir-Fried Veggies Coconut Brown Rice Tropical Fruit Margarine		July 31 Macaroni & Cheese Strawberry Spinach Salad w/Chicken Garlic Green Beans Blueberry Bread			

Rev 6/10/25

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.