

CONGREGATE MEAL MENU

Metz Culinary Management
January 2026



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

			January 1	January 2
			<div>Korean BBQ B Stir Fried WW Bread w/marg Fresh Orange</div> <div>New Year's Day All Centers Closed</div>	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.

