

January Lunch Menu

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1

**Holiday
Centers Closed
New's Year Day**

2

Meatloaf with Tomato Basil Sauce, Horseradish Whipped Potatoes, Carrot Coins, Grain Bread, Milk, Sliced Peaches

3

Hearty Chili, Tossed Salad w/Light Italian Dressing, Dinner Roll, Macaroni, Milk, Banana

6

Chicken Leg & Thigh with Thin Gravy, Oven Browned Potatoes, Green Beans, Honey Wheat Bread, Milk, Pineapple Tidbits

7

Sliced Roast Turkey with Thin Mushroom Gravy, Brussels Sprouts, Baked Yam, Whole Wheat Bread, Milk, Oatmeal Raisin Cookies

8

Rigatoni with Meat Sauce, Tossed Salad with Tossed Salad with Light French Dressing, Italian Bread, Milk, Macintosh Apple

9

Boneless Pork with Thin Gravy, Parsley Potatoes, Sugar Snap Medley, 9-Grain Bread, Milk, Banana

10

Stuffed Cabbage, Garlic Whipped Potatoes, Carrot Coins, Dinner Rolls, Milk, Sliced Pears

13

Sweet & Sour Pork, Spinach Salad with Light Italian Dressing, Whole Wheat Bread, Brown Rice, Milk, Sliced Peaches

14

Roast Beef with Thin Gravy, Whipped Potatoes, Carrot Coins, Corn Muffin, Milk, Creamy Applesauce Pudding

15

Baked Cod with Lemon Wedge, Au Gratin Potatoes, Broccoli Florets, 9-Grain Bread, Milk, Strawberry Gelatin

16

Cider Beef Stew, Celery, Onions, Carrots, Potatoes, Rye Bread, Wide Noodles, Milk, Orange

17

Chicken Breast with Lemon Sauce, Italian Green Beans, Whole Wheat Bread, Milk, Fruit Cocktail

20

**Holiday
Centers Closed
Martin Luther King**

21

Tuna & Noodle Casserole, Stewed Tomatoes & Green Beans, Rye Bread, Milk, Red Delicious Apple

22

Boneless Chicken Breast with Mushroom Sauce, Mixed Vegetables, Honey Wheat Bread, Brown Rice, Banana, Milk, Graham Crackers

23

Beef Meatballs in Sauce, Whipped Potatoes, Mixed Vegetables, Whole Wheat Bread, Milk, Sliced Peaches

24

Boneless Pork with Thin Gravy, Mashed Butternut Squash, Cauliflower Florets, Dinner Rolls, Milk, Fruit Cocktail

27

Cod with Lemon Pepper Seasoning, Macaroni & Cheese, Italian Green Beans, 9-Grain Bread, Milk, Pineapple Tidbits

28

Roast Beef with Thin Gravy, Parsley Potatoes, Carrot Coins, Whole Wheat Bread, Milk, Orange

29

Meatloaf with Gravy, Baked Yam, Cauliflower Florets, Dinner Rolls, Milk, Banana

30

Boneless Chicken Breast in Marinara Sauce, Broccoli Florets, O'Brien Potatoes, Honey Wheat Bread, Milk, Tapioca Pudding

31

Turkey with Thin Gravy, Whipped Potatoes, Mixed Vegetables, Rye Bread, Milk, Brownie with White Chocolate Chips

[CLICK HERE](#) to make your reservation today!

*Meals Funded by Allegheny County Department of Human Services/Area Agency on Aging