

February Lunch Menu

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Chicken Leg & Thigh with Gravy, Parsley Potatoes, Warm Corn & Black Beans, Honey Wheat Bread, Milk, Diced Peaches

4

Turkey with Thin Gravy, Yams with Cinnamon & Brown Sugar, Green Beans, 9-Grain Bread, Milk, Banana

5

Roast Beef with Light Gravy, Whipped Potatoes, Peas & Diced Carrots, Whole Wheat Bread, Milk, Macintosh Apple

6

Turkey Meatballs w/ Sauce, Tossed Salad with Light Italian Dressing, Italian Bread, Brown Rice, Milk, Orange

7

Hearty Stew with Beef Cubes, White Bread, Wide Noodles, Milk, Pineapple Tidbits

10

BBQ Pork , Au Gratin Potatoes, Broccoli Florets, Whole Wheat Bun, Milk, Fruit Cocktail

11

Meatloaf with Tomato Gravy, Parsley Potatoes, Asian Blend Vegetables, Whole Wheat Bread, Milk, Lime Gelatin

12

Baked Cod, Macaroni & Cheese, Italian Green Beans, Honey Wheat Bread, Milk, Pineapple Tidbits

13

Chicken Salad, Cole Slaw, 9-Grain Bread, Milk, Red Delicious Apple,

14

Stuffed Pepper, Whipped Potatoes, Carrot Coins, Dinner Rolls, Milk, Sugar Cookies

17

Salisbury Steak with Tomato Gravy, Potatoes with Parsley & Chives, Green & Wax Beans, Rye Bread, Milk, Mandarin Oranges

18

Cheese Tortellini in Pasta Sauce, Mixed Vegetables, Italian Bread, Milk, Orange

19

Sweet & Sour Pork, Spinach Salad with Light Italian Dressing, Brown Rice, Milk, Banana

20

Roast Beef with Thin Gravy, Whipped Potatoes, Broccoli Florets, Whole Wheat Bread Milk, Chocolate Chip Brownie

21

Chicken Breast au jus, Scalloped Potatoes, Stewed Tomatoes & Shredded Cabbage, Honey Wheat Bread, Milk, Sliced Peaches

24

Cowboy Burger, Paprika Potatoes, French Cut Green Beans with Diced Red Pepper, Whole Wheat Bun, Milk, Sliced Pears

25

Springs & Meatballs, Tossed Salad, with Raspberry Vinaigrette, Italian Bread, Milk, McIntosh Apple

26

Tuna & Noodles, Carrots with Honey & Ginger, Rye Bread, Mandarin Oranges, Milk, Sugar Cookie

27

Turkey Divan, Honey Wheat Bread, Brown Rice, Milk, Sliced Peaches

28

Swiss Steak with Thin Gravy, Whipped Potatoes, Green & Wax Beans, Whole Wheat Bread, Milk, Pineapple Tidbits

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

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