

August Lunch Menu

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1

Tuna Salad, Potato Salad, Chilled Vegetable Salad, Whole Wheat Bun, Orange, Milk

4

Pepper Steak with Thin Gravy, Green Peppers, Onions & Tomatoes, Garlic Whipped Potatoes, Multi-Grain Bread, Fruit Cocktail, Milk

5

Chicken with Thin Gravy, Broccoli Florets, Brown Rice Pilaf, Honey Wheat Bread, Sliced Pears, Milk

6

Roast Beef Sandwich, Spinach Salad, Orzo with Peas & Corn, Sandwich Bun, Yellow Delicious Apple, Milk

7

Baked Cod with Lemon Wedge, Au Gratin Potatoes, Stewed Tomatoes, Whole Wheat Bread, Sugar Cookies, Milk

8

Springs and Meatballs, Salad with Lettuce, Radishes and Cucumber Slices, Italian Bread, Cantaloupe, Milk

11

Creamy Macaroni & Cheese, Green Beans, Dinner Roll, Mandarin Oranges, Milk

12

Chipped Turkey Breast with Tomato Slice and Shredded Lettuce, on a Whole Wheat Bun, Sweet & Sour Slaw, Corn & Black Bean Salad, Watermelon Cuts, Milk

13

Porcupine Meatballs with Sauce, Carrots & Broccoli Florets, Multi-Grain Bread, Brown Rice, Fresh Plum, Milk

14

Chicken Paprika, Cauliflower Florets with Red Pepper, Yummy Yams, Rye Bread, Nectarine, Milk

15

Open Face Meatloaf Sandwich with Thin Gravy, Whipped Potatoes, Harvard Beets, Whole Wheat Bread, Banana, Milk

18

Shredded BBQ Pork, Oven Browned Potatoes, Chesapeake Corn & Tomatoes, Honey Wheat Bread, Apricot Halves, Milk

19

Chicken Dinner Salad, Mixed Greens, Sweet Slaw, Dinner Rolls, Watermelon Cubes, Milk

20

Rigatoni with Meat Sauce, Broccoli Florets, Tossed Salad with Red & Green Lettuce, Grape Tomatoes & Chick Peas, Italian Bread, Apple, Milk

21

Snow White Turkey Salad, Tomatoes & Cucumbers, Triple Bean Salad, Whole Wheat Bread, Fudge Brownie with Butterscotch Chips, Milk

22

Beef Stew with Potatoes, Carrots & Onions, Beet Slices, Honey Wheat Bread, Brown Rice, Orange, Milk

25

Meatball Sandwich, Scalloped Potatoes, Wax Beans, Hot Dog Bun, Mandarin Oranges, Milk

26

Baked Cod, Italian Green Beans, Warm White Bean Salsa, Multi-Grain Bread, Cantaloupe Cubes, Oatmeal-Raisin Cookie, Milk

27

Chicken Chow Mein, Baby Peas, Honey Wheat Bread, Banana, Milk

28

Cold Roast Beef Sandwich with Swiss Cheese on Whole Wheat Bread, Potato Salad, Cucumbers with Sour Cream, Nectarine, Milk

29

Stuffed Cabbage Roll, Whipped Potatoes, Carrot Coins, Whole Wheat Bread, Watermelon Cubes, Milk

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

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