

December Lunch Menu

M

T

W

Th

F

1

Sweet & Sour Meat Balls, Scalloped Potatoes, Yellow Snap Beans, Honey Wheat Bread, Orange, Milk

2

Hearty Turkey Chili, Corn Muffin, Brown Rice, McIntosh Apple, Milk

3

Salisbury Steak with Bell Pepper Sauce, Baby Brussel Sprouts and Carrot Coins, White Bread, Wide Noodles, Apricots, Milk

4

Chicken Marinara, Oven Browned Potatoes, Spinach Salad with baby Spinach, Mandarin Oranges, Red Onions, Diced Beets, Dinner Rolls, Chocolate Chip Cookies, Milk

5

Roast Beef in Thin Gravy, Whipped Potatoes, Broccoli & Cauliflower Florets, Multi-Grain Bread, Fruit Cocktail, Milk

8

Turkey in Thin Gravy, Whipped Potatoes, Leaf Spinach, Whole Wheat Bread, Macintosh Apple, Milk

9

Baked Cod, Au Gratin Potatoes, Stewed Tomatoes & Zucchini, Multi-Grain Bread, Fig Newton Bar, Milk

10

Boneless Pork Chop in Thin Gravy, Butternut Squash Cubes w/Margarine & Cinnamon, Whole Green Beans with Red Peppers, Rye Bread, Brownie with Butterscotch Chips, Milk

11

Beef Stew with Potatoes, Onions, Carrots and Turnips, Honey Wheat Bread, Brown Rice, Orange, Milk

12

Chicken Alfredo, Mixed Green Salad with Romaine, Red Leaf, Celery, Garbanzo Beans and Sliced Almonds, Dinner Roll, Pineapple Tidbits, Milk

15

Country Ribs, Potatoes with Chives & Parsley, Broccoli, Multi-Grain Bread, Tapioca Pudding, Milk

16

Open Face Turkey Sandwich, Mixed Vegetables, Sweet & Sour Coleslaw, White Bread, Red Delicious Apple, Milk

17

Roast Beef in Thin Gravy, Butternut Squash, Italian Beans, Whole Wheat Bread, Banana, Milk

18

Chicken Breast in Thin Mushroom Gravy, Whipped Potatoes with Chives, Whole Green & Yellow Beans with Baby Carrots, Dinner Rolls, Cherry Pie, Milk

19

Chili, Tossed Salad with Romaine, Leaf, Radishes, Red Cabbage, and Cucumbers, Whole Wheat Bread, Brown Rice, Pear Slices, Milk

22

Meatball Hoagie on a Whole Wheat Hot Dog Bun, Au Gratin Potatoes, Broccoli Florets, Oatmeal- Raisin Cookies, Milk

23

Coney Island Hot Dog, Cabbage & Noodles, Beets, Mandarin Oranges, Milk

24

Hungarian Goulash, Tossed Salad with Romaine, Leaf, Cucumbers and Grape Tomatoes, Brown Rice, Whole Wheat Bread, Banana, Milk

25

**Center Closed
Christmas
Day**

26

Penne with Meat Sauce, Baby Peas, Italian Bread, Red Delicious Apple, Milk

29

Roast Beef Sandwich, Coleslaw, Baby Carrots, Wheat Bun, Orange, Milk

30

Meatloaf, Whipped Potatoes, Green Beans, Whole Wheat Bread, Peaches, Milk

31

Boneless Pork Chop in Thin Gravy, Candied Yams, Mixed Vegetables, Dinner Rolls, Pineapple Tidbits, Milk

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

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