

# January Lunch Menu

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**2**  
Turkey Divan with Broccoli Spears in White Sauce, Multi-Grain Bread, Brown Rice, Fruit Cocktail, Graham Crackers, Milk

**5**  
Chicken Leg & Thigh in Thin Gravy, Oven Browned Potatoes, Green Beans, Honey Wheat Bread, Pineapple Tidbits, Milk

**6**  
Boneless Pork Chop in Thin Gravy, Parsley Potatoes, Broccoli, Water Chestnuts, Red Bell Peppers, Multi-Grain Bread, Macintosh Apple, Milk

**7**  
Sliced Roast Turkey in Thin Mushroom Gravy, Brussel Sprouts, Whipped Yams, Whole Wheat Bread, Oatmeal-Raisin Cookies, Milk

**8**  
Rigatoni with Meat Sauce, Tossed Salad with Red Leaf Lettuce, Romaine, Radishes, Cucumber Slices and Cherry Tomatoes, Italian Bread, Banana, Milk

**9**  
Stuffed Cabbage, Garlic Whipped Potatoes, Carrot Coins, Dinner Rolls, Peach Cuts, Milk

**12**  
Roast Beef in Thin Gravy, Whipped Potatoes, Broccoli Florets, Corn Muffin, Creamy Applesauce Pudding, Milk

**13**  
Baked Cod with Lemon Wedge, Au Gratin Potatoes, Tomatoes & Zucchini, Multi-Grain Bread, Strawberry Gelatin, Milk

**14**  
Sweet & Sour Pork, Spinach Salad with Chopped Red Onion and Mandarin Oranges, Carrots, Pea Pods, Pineapple, Whole Wheat Bread, Brown Rice, Sliced Peaches, Milk

**15**  
Cider Beef Stew with Celery, Onions, Carrots, Potatoes and Wide Noodles, Rye Bread, Orange, Milk

**16**  
Chicken Breast with Lemon Sauce, Gourmet Potatoes, Italian Green Beans, Whole Wheat Bread, Fruit Cocktail, Milk

**19**  
**Martin Luther King Day Center Closed**

**20**  
Pepper Steak au jus with Green Peppers, Onions, Mushrooms and Tomatoes, Parsley Potatoes, Whole Grain Wheat Bread, Oatmeal-Raisin Cookies, Milk

**21**  
Chicken Leg & Thigh in Mushroom Sauce, Whipped Potatoes, Broccoli, Carrots, Water Chestnuts and Red Peppers, Honey Wheat Bread, Banana, Graham Crackers, Milk

**22**  
Boneless Pork Chop in Thin Gravy, Mashed Butternut Squash, Cauliflower Florets, Dinner Rolls, Fruit Cocktail, Milk

**23**  
Beef Meatballs, Mixed Vegetables, Italian Bread, Pineapple Tidbits, Milk

**26**  
Roast Beef in Thin Gravy, Parsley Potatoes, Carrot Coins, Whole Wheat Bread, Orange, Milk

**27**  
Turkey in Thin Gravy, Whipped Potatoes, Mixed Vegetables, Rye Bread, Peach Cuts, Milk

**28**  
Boneless Chicken Breast in Marinara Sauce, Broccoli Florets, O'Brien Potatoes, Honey Wheat Bread, Brownie with White Chocolate Chips, Milk

**29**  
Cod with Lemon Pepper Seasoning, Macaroni & Cheese, Italian Green Beans, Multi-Grain Bread, Pineapple Tidbits, Milk

**30**  
Meatloaf in Gravy, Baked Yam, Sweet & Sour Coleslaw, Dinner Rolls, Banana, Milk

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

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