

July Lunch Menu

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1
Tuna Baby Pea Salad,
Marinated Tomatoes,
Sliced Beets, Dinner Roll,
Fruit Cocktail, Milk,
Oatmeal Raisin Cookie

2
Beef Hamburger on a
Whole Wheat Bun, Baked
Beans, Sweet Coleslaw,
Milk, Watermelon Cubes

3
Boneless Pork au jus,
Au Gratin Potatoes,
Broccoli Florets, Multi
Grain Bread, Milk,
Fresh Plum

4
**Holiday
Centers Closed
Independence Day**

7
Beef Stew with Potatoes,
Carrots and Onions,
Dinner Roll, Wide
Noodles, Milk, Orange

8
Creole Chicken with
Tomatoes, Onions, Green
Peppers, Leaf Spinach, Whole
Wheat Bread,
Brown Rice,
Pineapple Tidbits, Milk,
Chocolate Chip Cookie

9
Meatloaf with Tomato
Gravy, Whipped Potatoes,
Wax Beans, Whole Wheat
Bread, Milk, Nectarine

10
Turkey Sandwich with
Provolone Cheese, Pasta
Primavera, Marinated
Cucumbers, Honey Wheat
Bread, Milk, Cantalope
Cuts

11
Pork with Thin Gravy,
Lemon Potatoes, Stewed
Tomatoes, Rye Bread,
Milk, Cherry Gelatin

14
Baked Round Steak with
Gravy, Mixed Vegetables,
Glazed Yams. Honey
Wheat Bread, Milk, Fruit
Cocktail

15
Italian Seasoned Chicken,
Fresh Spinach Salad,
Macaroni Salad, Dinner
Roll, Milk, Red Delicious
Apple

16
Baked Cod with Paprika,
White Bean Salsa, Italian
Green Beans, Honey
Wheat Bread, Milk, Sliced
Peaches

17
Turkey Teriyaki Meatballs
in Teriyaki Sauce,
Whipped Potatoes,
Broccoli Florets, Whole
Wheat Bread, Milk, Fudge
Brownie w/Marshmallows

18
Cold Roast Beef Sandwich
with Swiss Cheese,
Coleslaw with a twist, Beet
Slices & Chives, Rye Bread,
Apricot Halves, Milk,
Oatmeal Raisin Cookie

21
Swiss Steak in Thin
Gravy, Whipped Potatoes,
Carrot Coins, Rye Bread,
Milk, Fresh Plum

22
Turkey Sandwich with
Tomato Slice and Shredded
Lettuce on Whole Wheat
Bun, Shells Salad, Sweet &
Sour Cucumbers, Orange,
Milk, Graham Crackers

23
Bow Ties with Meat
Sauce, Green and Wax
Beans, Tossed Salad,
Italian Bread, Milk,
Watermelon Cubes

24
Chicken Breast, Potato
Salad, White Corn and
Pea Salad, MultiGrain
Bread, Milk, Red
Delicious Apple

25
Pork Loin with Apple Glaze,
Lima Beans, Baby Corn,
Snap Peas, Water
Chestnuts, Red Pepper,
Whole Wheat Bread, Brown
Rice, Milk, Sliced Peaches

28
Turkey in Thin Gravy,
Scalloped Potatoes,
Stewed Tomatoes and
Zucchini, Rye Bread,
Nectarine, Milk,
Chocolate Chip Cookie

29
Chef's Salad Bowl, Corn
and Black Bean Salad,
Dinner Rolls, Milk,
Watermelon Cuts

30
Stuffed Cabbage, Garlic
Whipped Potatoes, Carrot
Slices, Whole Wheat
Bread, Milk, Mandarin
Oranges

31
Baked Cod with Lemon
Wedge, Cheese Tortellini
with Marinara Sauce,
Italian Green Beans,
Honey Wheat Bread, Milk,
Banana

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

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