



Resources and Services for Seniors

MOWGP FROZEN MEAL PROGRAM MENU

412-464-1300

Oven Baked Chicken served with Southern rice, black-eyed peas, and spinach.

Beef Patty in Rich Brown Gravy served with mashed potatoes and rutabaga with red pepper.

Pork Riblet in a Sweet and Tangy BBQ Sauce served with old fashioned baked beans and whole kernel corn with red peppers.

Macaroni and Beef Casserole served with spinach and California blend vegetables.

Turkey with Country Pepper Gravy served with mashed potatoes, green beans almondine, and mini Moon Pie[®].

Southern-Style Pollock Fingers served with steamed carrots and cheesy country-style potatoes.

Chicken Sausage with Northern Bean Ragout served with diced sweet potatoes.

Turkey and Cheese Lasagna served with broccoli, cauliflower, & bean medley.

Hamburger Patty Au Jus served with potato wedges and carrots.

Sesame Chicken served with broccoli & carrots and steamed cauliflower with red peppers.

Country Egg Skillet served with potatoes, mushrooms, spinach & tomatoes and cranberry apples.

Oven Baked Chicken served with green bean & red pepper mix and yellow rice with tomatoes & chives.

Southern-Style Pollock Fingers served with steamed carrots and cheesy country-style potatoes.

Meatloaf with Sofrito Sauce served with red potatoes and butternut squash.

Cheese Enchilada with Pulled Pork served with black beans and whole kernel yellow corn.

Turkey Sausage with Peppers, Onions and Tomatoes served with whole grain rotini pasta and apple chunks & raisins.

Sliced Roast Beef with Gravy served with spring peas and buttered crinkle cut carrots.

Chili Dog on Whole Grain Bun served with baked beans and corn.

Grilled Veal Chop with Mustard Sage Sauce served with roasted red potatoes, maple butternut squash, and fig bar.

Chicken Marsala served with potato onion soufflé, spinach & mushrooms, and mini Moon Pie[®].

Whole Grain Sweet Potato Pollack Nuggets served with stewed tomatoes with smoke-cured turkey and succotash.

Batter-Dipped Crispy Fish Nuggets served with garlic mashed potatoes and carrots.

Sliced Turkey and Gravy served with cornbread dressing, flat beans, and butternut squash.

Three Cheese Macaroni and Cheese served with seasoned carrot cuts and green peas.

Western-Style Omelet served with potatoes O'Brien and strawberry applesauce.

Chargrilled Beef Patty in Pizzaiola Sauce served with green beans and pineapple Mandarin oranges.

Honey Mustard Chicken served with potatoes Florentine and mixed vegetables.

Meatloaf with Apple Brown Gravy served with skin-on potatoes and stewed tomatoes.

Huevos Rancheros (scrambled eggs with chicken chorizo, potatoes, pinto beans, and cheese) served with cranberry pears.

Cuban Black Beans and Rice served with whole kernel corn with red peppers and parslid carrots.

Mexican Bean Burrito with Queso served with spinach soufflé and parslid whole kernel corn.

Three Bean Chili con Carne served with squash medley.

Chicken Parmesan served with rosemary potatoes and cheesy spinach.

Homemade Chicken Stew served with steamed green beans and baked apples with raisins.

Grilled Pork Chop with Homestyle Gravy served with Brussels sprouts and diced sweet potatoes.

Meatballs and Penne Pasta in Marinara served with steamed broccoli and Italian vegetables.

Breaded Fillet of Fish served with cheesy mashed potatoes and mixed vegetables.

Twisted Mac and Cheese with Chicken Chorizo served with pinto beans and steamed carrots.

Pollo Tropicale (diced chicken in a tropical fruit sauce) served with carrots, green beans, and mini Moon Pie®.

Rib Beef Patty with Spanish Braised Sauce served with cilantro stewed tomatoes and garden peas.

Arroz con Pollo (baked chicken and fiesta rice) served with Mexicali corn.

Vegetarian Chili served with pinto bean & carrot blend.