

# HOME DELIVERED MEAL MENU – December 2024

ALLEGHENY COUNTY  
DEPARTMENT OF HUMAN SERVICES  
AREA AGENCY ON AGING  
NUTRITION DEPARTMENT

Nutrition, Inc.

## December 2

**Hot Dog w/Roll**  
Garlic & Herb Baby  
Bakers  
Lima Beans  
Wheat Bread  
Mixed Fruit

## December 3

**Chicken Filet**  
Broccoli  
Wheat Bun  
Warm Cinnamon  
Apples

## December 4

**Egg Omelet**  
w/Peppers & Onions  
Potatoes O'Brien  
Mini Biscuit  
Fresh Seasonal Fruit

## December 5

**Beef Stew**  
Peas  
Dinner Roll  
Warm Fruit Compote

## December 6

**Chicken Piccata**  
Gourmet Potatoes  
Peas  
Wheat Bread  
Fresh Apple

## December 9

**Pasta & Meatballs**  
Italian Green Beans  
White Bread  
Raisins

## December 10

**Cabbage Roll**  
Garlic Whipped  
Potatoes  
Carrots  
Dinner Roll  
Applesauce

## December 11

**Tuscan Chicken  
Breast**  
Parsley Potatoes  
Green Beans  
White Bread  
Fresh Seasonal Fruit  
Cookie

## December 12

**Roast Beef w/Gravy**  
Buttered Noodles  
Mixed Vegetables  
Wheat Bread  
Fresh Fruit

## December 13

**Stuffed Pasta**  
Broccoli  
Dinner Roll  
Warm Peach Crisp

## December 16

**Orange Chicken**  
Stir Fry Vegetables  
Brown Rice  
Wheat Bread  
Fruit Gel Cup

## December 17

**Italian Sausage w/Bun**  
w/Pepper, Tomato &  
Onions  
Spinach  
Oatmeal Crème Pie

## December 18

**Bonnie's Chicken &  
Rice**  
w/Peas & Mushrooms  
Broccoli  
Wheat Bread  
Warm Pears

## December 19

**Beef Marsala**  
Whipped Potatoes  
Green Beans  
White Bread  
Fresh Seasonal Fruit

## December 20

**Vegetable Lasagna**  
Italian Green Beans  
Dinner Roll  
Warm Peaches

## December 23

**Turkey  
w/Stuffing & Gravy**  
Whipped Potatoes  
Carrots  
White Bread  
Apple Pie

## December 24

**Mushroom Swiss  
Burger**  
Seasoned Potatoes  
Carrots  
Tropical Fruit Cup

## December 25

**Pepper Steak**  
Buttered Spaetzle  
Broccoli  
Fresh Seasoned Fruit

## December 26

**Ham BBQ w/Bun**  
Potato Bean Soup  
Mandarin Oranges

## December 27

**Black Bean Chili**  
Green Beans  
Rice  
White Bread  
Fresh Seasonal Fruit

## December 30

**Chicken Parm  
Sandwich**  
w/Peppers, Tomato &  
Onion  
Home Fries  
Gelatin

## December 31

**Cheeseburger w/Roll**  
Seasoned Potatoes  
Peas  
Craisins



All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.