

# CONGREGATE MEAL MENU

Metz Culinary Management

November 2025

ALLEGHENY COUNTY

DEPARTMENT OF HUMAN SERVICES  
AREA AGENCY ON AGING  
NUTRITION DEPARTMENT



| November 3                                                                                                      | November 4                                                                                                              | November 5                                                                                                                              | November 6                                                                                                        | November 7                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <b>Meatloaf with Gravy</b><br>Mashed Potatoes<br>Green Beans<br>Bread w/Margarine<br>Jello                      | <b>Turkey &amp; Smoked Gouda Sandwich</b><br>Coleslaw<br>Mediterranean<br>Vegetable Soup<br>Fresh Grapes                | <b>Meat Lasagna</b><br>Salad w/Dressing<br>Italian Veggie Blend<br>Breadstick<br>Chocolate Chip Cookie                                  | <b>BBQ Chicken</b><br>Sauteed Onions<br>Buttered Chuckwagon<br>Corn<br>Bread w/Margarine<br>Strawberry Applesauce | <b>French Onion Beef Sandwich</b><br>Italian Baby Baked Potatoes<br>Buttered Carrots<br>Fresh Fruit Cup               |
| November 10                                                                                                     | November 11                                                                                                             | November 12                                                                                                                             | November 13                                                                                                       | November 14                                                                                                           |
| <b>Raspberry BBQ Chicken</b><br>Roasted Sweet Potatoes<br>Succotash<br>Sandwich Roll<br>Fresh Watermelon        | <b>Swiss Steak</b><br>Mashed Potatoes<br>Broccoli<br>Bread w/Margarine<br>Chocolate Pudding                             | <b>Deli Plate</b><br>(w/tuna & chicken salad)<br>Broccoli Cheese Soup<br>Bread w/Margarine<br>Berry Vanilla Cookies<br>Fresh Cantaloupe | <b>Korean BBQ Beef</b><br>Stir Fried Vegetables<br>Vegetable-Fried Rice<br>Bread w/Margarine<br>Fresh Orange      | <b>Grilled Chicken Parm</b><br>California Normandy<br>Vegetable Blend<br>Pasta Shells w/Sauce<br>Pound Cake w/Berries |
| November 17                                                                                                     | November 18                                                                                                             | November 19                                                                                                                             | November 20                                                                                                       | November 21                                                                                                           |
| <b>Smothered Pork</b><br>Roasted Sweet Potatoes<br>Brussels Sprouts<br>Bread w/Margarine<br>Banana Pudding      | <b>Pub Steak Cheeseburger w/Bun</b><br>Broccoli w/Ranch Dip<br>Roasted Potato Wedges<br>Fresh Apple                     | <b>Hawaiian Chicken</b><br>Stir Fried Veggies<br>Coconut Brown Rice<br>Tropical Fruit                                                   | <b>Stuffed Pepper</b><br>Mashed Potatoes<br>Broccoli<br>Bread w/Margarine<br>Pound Cake w/Peaches                 | <b>Greek Salad with Salmon</b><br>French Onion Soup<br>Bread w/Margarine<br>Fresh Orange                              |
| November 24                                                                                                     | November 25                                                                                                             | November 26                                                                                                                             | November 27                                                                                                       | November 28                                                                                                           |
| <b>Meatball Rosini</b><br>Broccoli & Red Peppers<br>Tossed Salad<br>Penne w/Sauce<br>Bread w/Margarine<br>Jello | <b>Roast Turkey</b><br>Honey Glazed Carrots<br>Cranberry Cornbread<br>Stuffing<br>Bread w/Margarine<br>Fresh Cantaloupe | <b>Pork Carnitas w/Tortilla</b><br>Mexican Rice<br>Cabbage Slaw<br>Salsa<br>Fresh Pear                                                  | <b>Honey Mustard Chicken</b><br>Zucchini<br>Sautéed Onions<br>Bread w/Margarine<br>Fresh Fruit Salad              | <b>Spanish Omelette</b><br>Diced Potatoes<br>Penne<br>Cabbage<br>Grilled Chicken<br>w/Berries                         |

Happy  
Thanksgiving



All meals include 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.

Rev. 9/25/25