

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

HOME DELIVERED MEAL MENU - March 2025

March 3	March 4	March 5	March 6	March 7
Sausage Pizza Casserole * Broccoli Dinner Roll Warm Peaches	Beef Stroganoff w/Egg Noodles Broccoli White Bread Warm Pears	Swedish Meatballs Mashed Potatoes Wheat Bread Fruit Compote	Korean BBQ Chicken Stir Fried Brown Rice Warm Cinnamon Peaches	Battered Fish Red Beans & Rice Collard Greens White Bread Fruit Cup
March 10	March 11	March 12	March 13	March 14
Hot Dog w/Roll * Garlic & Herb Baby Bakers Lima Beans Mixed Fruit	Chicken Filet w/Bun Broccoli Warm Cinnamon Apples	Chicken Piccata Buttered Noodles Peas Wheat Bread Fresh Orange	Beef Stew Peas Dinner Roll Warm Fruit Compote	Cheese Egg Bites Potatoes O'Brien Mini Biscuit Fresh Fruit
March 17	March 18	March 19	March 20	March 21
Pasta & Meatballs Italian Green Beans White Bread Raisins Little Debbie	Cabbage Roll Garlic Whipped Potatoes Carrots Dinner Roll Applesauce	Tuscan Chicken Breast Parsley Potatoes Green Beans White Bread Fresh Fruit Cookie	Roast Beef & Gravy Buttered Noodles Mixed Vegetables Wheat Bread Fresh Fruit	Black Bean Chili Green Beans Rice White Bread Fresh Fruit
March 24	March 25	March 26	March 27	March 28
Crab Cake Mac & Cheese Stewed Tomatoes Broccoli & Cauliflower Fruit Gel Cup	Bonnie's Chicken & Rice w/peas & mushrooms Broccoli Warm Pears Wheat Bread	Italian Sausage * w/ Hot Dog Roll Pepper Tomato Onion Cauliflower Oatmeal Crème Pie	Beef Marsala French Onion Rice Green Beans Fresh Fruit	Vegetable Lasagna Spinach Wheat Dinner Roll Warm Peaches

Lent March 5 thru April 17



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.

NOTE: Meals marked with an * behind the entrée name contain pork.