

Knoxville Hours of Operation

Monday-Friday 9:30am-2pm
320 Brownsville Road
Pittsburgh, PA 15210 Call 412-420-8147
Site Coordinator - Marissa Randall
www.lifespan.org

Daily Lunch Service

Lunch will be served daily at 11:30am.

Please arrive on time!

unch reservations must be made two (2) days

in advance before 11am.

Suggested donation for lunch is \$2.00

We are excited to see you at the center!

FOOD PANTRY IS OPEN IN THE LOWER LEVEL WITH FREE PRODUCE AVAILABLE TUESDAY AND THURSDAYS 12NOON- 4:30PM





www.brashearassociation.org



CALL (412) 420-8147 FOR MORE INFORMATION

Knoxville Center Activities:

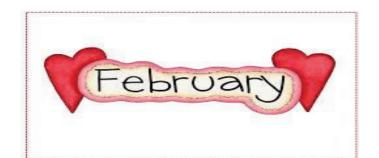


Movie Mondays-every Monday!
Trips to Walmart - Tuesdays after lunch!
Monday 2/3- 12:30pm Valentines Day Card Making
Wednesday 2/5- 10:30am Quality Insights Presentation
Tuesday 2/4 10:00am - Advisory Meeting



EVERY
Tuesday/Thursday
10:30am - 11:30am
\$1/Card





Mon	Tue	Wed	Thu	Fri
3 Maple Glazed Pork w/Gravy (1 slice pork w/cider gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels Sprouts Cal 724 WW Bread w/Margarine 1/2 C Banana Pudding 1 Pkg Graham Crackers	4 Pub Steak Cheeseburger (1 Beef Patty, 1 Sl Cheese, 1 Pkt Ketchup) 1 WW Sandwich Roll 1/2 C Broccoli w/Ranch Dip 1 C Tomato Soup Fresh Orange Cal 826	5 Ham & Cheese Frittata (1 Frittata) 1 C Greek Salad w/Dressing 1/2 C Roasted Red Potato Wedges Bread 1/2 C Greek Yogurt w/1/4 C Berries Cal 681	6 Orchard Salad w/Chicken (3/4 C diced Chicken 1 Tbsp Cheese) Salad (2 C Lettuce, Apples, Craisins) w/Dressing 1 Garlic Knot w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries Cal 740	7 Macaroni & Cheese (3/4 C Macaroni & Cheese w/ WG Pasta) 1 1/4 C Strawberry Spinach Salad w/Dressing 1/2 C Garlic Green Beans 1 Pkt Fig Newton Cookie Cal 671
10 Stuffed Pepper (1 Stuffed Pepper w/meat sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes Bread w/Margarine Cal 810 1 Sl Pound Cake w/1/4 C Peaches	11 Broccoli & Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Green Beans & Tomatoes 1/2 C Creamy Spinach Orzo Pasta 1/2 C Fresh Fruit Salad Cal 601	12 Petite Beef Tenderloin Medallions (1 slice beef w/au jus) 1/2 C Dilled Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 712	13 Italian Hoagie (3 Sl ham, 2 Sl Salami, 2 Sl Cheese) Lettuce, Tomato, Onion (On WG Hoagie Roll) 1 C Tossed Salad w/Dressing Fresh Apple Cal 680	14 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C Coleslaw 1 C Corn & Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Orange Cal 663
17 Firehouse Chili (1 Cup Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 656	18 Chicken w/Gravy (1 chicken breast w 1/4 /C Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread w/Margarine Apple & Lorna Doone Cookie Cal 631	19 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine Cal 620	20 Chicken Avocado Salad (3/4 C diced Chicken, 1 SS Cup Guacamole) Salad (2 C Lettuce, Toma- toes, Cucumbers) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686	CENTERS CLOSED
24 Meatloaf w/Gravy (1 Sl Meatloaf e/1/4 C Gravy) 1/2 C Mashed Potatoes 1/2 C Carrots WW Bread w/Margarine 1 Mini Loaf Banana Bread Cal 726	25 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce Cal 815	26 Beef Stroganoff (1 C Beef Stroganoff) ! C Tossed Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 Sl Pound Cake w/ 1/4 C Berries Cal 742	27 BBQ Turkey Flatbread (1/2 C Chipped Turkey 1 Sl Cheese, 1 Tbsp Coleslaw, 1 Tbsp BBQ Sauce) 1/2 C Potato Salad WG Flatbread Cal 666 1/2 C Fresh Cantaloupe	28 Sweet and Sour Salmon (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit Cal 748