



KNOXVILLE ACTIVE LIFE CENTER

## 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!  
Lunch 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](http://www.brashearassociation.org)

## February 2025

### Activities



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
<p><b>3 Maple Glazed Pork w/Gravy</b> (1 slice pork w/cider gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels Sprouts <b>Cal 724</b> WW Bread w/Margarine 1/2 C Banana Pudding 1 Pkg Graham Crackers</p>	<p><b>4 Pub Steak Cheeseburger</b> (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 <b>Cal 826</b></p>	<p><b>5 Ham &amp; Cheese Frittata</b> (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 <b>Cal 681</b></p>	<p><b>6 Orchard Salad w/Chicken</b> (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 <b>Cal 740</b></p>	<p><b>7 Macaroni &amp; Cheese</b> (3/4 C Macaroni &amp; Cheese w/WG Pasta) 1 1/4 C Strawberry Spinach Salad w/Dressing 1/2 C Garlic Green Beans 1 Pkt Fig Newton Cookie <b>Cal 671</b></p>
<p><b>10 Stuffed Pepper</b> (1 Stuffed Pepper w/meat sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes Bread w/Margarine <b>Cal 810</b> 1 Sl Pound Cake w/1/4 C Peaches</p>	<p><b>11 Broccoli &amp; Cheese Stuffed Chicken</b> (1 Chicken Breast) 1/2 C Green Beans &amp; Tomatoes 1/2 C Creamy Spinach Orzo Pasta 1/2 C Fresh Fruit Salad <b>Cal 601</b></p>	<p><b>12 Petite Beef Tenderloin Medallions</b> (1 slice beef w/au jus) 1/2 C Dilled Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear <b>Cal 712</b></p>	<p><b>13 Italian Hoagie</b> (3 Sl ham, 2 Sl Salami, 2 Sl Cheese) Lettuce, Tomato, Onion (On WG Hoagie Roll) 1 C Tossed Salad w/Dressing Fresh Apple <b>Cal 680</b></p>	<p><b>14 Mojo Marinated Cod Filet</b> (1 Cod Filet)  1/2 C Coleslaw 1 C Corn &amp; Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Orange <b>Cal 663</b></p>
<p><b>17 Firehouse Chili</b> (1 Cup Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe  <b>Cal 656</b></p>	<p><b>18 Chicken w/Gravy</b> (1 chicken breast w 1/4 /C Gravy) 1/2 C Broccoli &amp; Cauliflower 1/2 C Roasted Potato Wedges WW Bread w/Margarine Apple &amp; Lorna Doone Cookie  <b>Cal 631</b></p>	<p><b>19 Stuffed Cabbage Roll</b> (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine  <b>Cal 620</b></p>	<p><b>20 Chicken Avocado Salad</b> (3/4 C diced Chicken, 1 SS Cup Guacamole) Salad (2 C Lettuce, Tomatoes, Cucumbers) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad <b>Cal 686</b></p>	<p><b>21</b> <b>CENTERS CLOSED</b></p>
<p><b>24 Meatloaf w/Gravy</b> (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 <b>Cal 726</b></p>	<p><b>25 Chicken Cordon Bleu</b> (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce <b>Cal 815</b></p>	<p><b>26 Beef Stroganoff</b> (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 <b>Cal 742</b></p>	<p><b>27 BBQ Turkey Flatbread</b> (1/2 C Chipped Turkey 1 Sl Cheese, 1 Tbsp Coleslaw, 1 Tbsp BBQ Sauce) 1/2 C Potato Salad WG Flatbread <b>Cal 666</b> 1/2 C Fresh Cantaloupe</p>	<p><b>28 Sweet and Sour Salmon</b> (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit <b>Cal 748</b></p>