



May 2012

Congregate Meals



Area Agency on Aging

724-548-3290 or 800-368-1066

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Come join us on Wednesday, May 9th for our celebration of Older American's Day and Volunteer Recognition</p> <p>Program to begin at 1:30PM</p>	<p>Calories 672 1-May</p> <p>Hot Turkey Sandwich w/ Gravy O'Brien Potatoes Mixed Vegetable Blend 2 Wheat Bread Fresh Fruit</p>	<p>Calories 811 2-May</p> <p>Baked Penne Pasta w/ Meatballs (3) Tossed Salad w/ Tomato Onions, Carrots Garlic Bread Stick Vanilla Pudding</p>	<p>Calories 887 3-May</p> <p>Hot Dog w/ Sauerkraut Whipped Potatoes Glazed Sliced Carrots Hot Dog Roll White Cake (no icing)</p> 	<p>Calories 719 4-May</p> <p>Tuna Salad w/ Lettuce & Tomato Wedge Pickled Beets Fresh Coleslaw 2 Wheat Bread Gelatin</p>
<p>Calories 893 7-May</p> <p>Baked Chicken Fried Steak w/ Gravy AuGratin Potatoes Green Beans 2 White Bread Pineapple Tidbits</p>	<p>Calories 800 8-May</p> <p>(3) Swedish Meatballs w/ Gravy Egg Noodles Sliced Carrots Garden Salad w/ Tomato Carrots & Croutons Rye Bread Sugar Cookie</p> 	<p>Calories 837 9-May</p> <p>OAD/Volunteer Recognition</p> <p>Stuffed Pork Chop w/ Gravy Whipped Potatoes Green Beans Almandine Dinner Roll and Lemonade Strawberry Cream Pie</p> <p>Buffet Lunch 2:00PM</p>	<p>Calories 837 10-May</p> <p>Chicken Parmesan w/ Pasta, Sauce & Cheese Tossed Salad w/ Tomato Carrots & Onions Italian Bread Warm Cinnamon Apples</p>	<p>Calories 669 11-May</p> <p>Turkey & Swiss Sandwich on Wheat Bread Lettuce, 1 Slice Tomato Dill Pickle Cheesy Potato Soup Chocolate Brownie (mayo)</p> 
<p>Calories 757 14-May</p> <p>Baked Sweet & Sour Chicken Blended Rice Pilaf Sweet Peas & Carrots Dinner Roll Sliced Peaches</p> 	<p>Calories 745 15-May</p> <p>Baked Ham Loaf Balls (2) w/ Pineapple Sauce Lyonnais Potatoes Mixed Vegetable Blend 2 Rye Bread Fresh Fruit</p>	<p>Calories 861 16-May</p> <p>Baked Salisbury Steak w/ Gravy Baked Potato w/ S. Cream Sweet Corn 2 Wheat Bread Lemon Cake w/ Icing</p> <p>Birthdays in Centers</p> 	<p>Calories 675 17-May</p> <p>Baked Pork Loin w/ Gravy Whipped Potatoes Mixed Bean Medley 2 Wheat Bread Gelatin w/ Topping</p>	<p>Calories 681 18-May</p> <p>Meatball Hoagie (3) w/ Sauce & Cheese Oven Brown Potatoes Italian Seasoned Zucchini Hoagie Roll Tapioca Pudding</p>
<p>Calories 793 21-May</p> <p>Baked Ham & Scalloped Potato Casserole Braised Cabbage Sliced Carrots 2 Wheat Bread Cinnamon Applesauce</p>	<p>Calories 901 22-May</p> <p>Hot Roast Beef Sandwich w/ Gravy Whipped Potatoes Sweet Corn 2 Wheat Bread Cherry Chip Cake w/ Icing</p> 	<p>Calories 703 23-May</p> <p>Cheeseburger Lettuce, 1 Slice Tomato Macaroni Salad Baked Beans Sandwich Roll Fresh Melon</p> <p>Memorial Day Picnic</p>	<p>Calories 674 24-May</p> <p>Baked Chicken Minestrone over White Rice Steamed Broccoli Multi Grain Bread Mixed Fruit Cocktail</p>	<p>Calories 768 25-May</p> <p>Baked Pizza (Pepperoni, Sausage & Cheese) Tossed Salad w/ Tomato Cukes & Carrots Pineapple Tidbits</p>
<p>28-May</p>  <p>"Happy Memorial Day" CENTERS CLOSED</p>	<p>Calories 686 29-May</p> <p>Baked BBQ Pork Rib Sandwich Parsley Potatoes Green Beans Sandwich Roll Sugar Cookie</p>	<p>Calories 717 30-May</p> <p>Chicken & Gravy Whipped Potatoes Homemade Stuffing Wheat Bread Fresh Fruit</p>	<p>Calories 767 31-May</p> <p>Baked Pepper Steak w/ Green Peppers & Gravy Egg Noodles Mixed Vegetable Blend Dinner Roll Pineapple Tidbits</p>	 <p>never too old to play older americans month 2012</p>

* To reserve meal, please call by 11:30AM the day before to your local center or call Agency on Aging office: 724-548-3290 or 1-800-368-1066

RESERVATION DEADLINE FOR OLDER AMERICAN'S DAY: Thursday, May 3rd by 11:00AM