

# JANUARY 2022

## MEALS TO GO AT THE JCC PALM COURT

**AgeWell**  
at the JCC

### 12 PM - 1 PM

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Baked Tilapia w/ Lemon Potato Pierogis Stewed Tomatoes & Green Beans Multi Grain Bread Applesauce	<b>4</b> Turkey Patty Sauce Spinach Salad w/ Chopped Cucumber & Mandarin Oranges Wheat Bread Haluski Fruit Cocktail	<b>5</b> Cider Beef Stew w/ Celery, Onions, Carrots & Potatoes Wheat Roll Brown Rice Orange	<b>6</b> Chicken Breast w/ Lemon Herb Sauce Gourmet Potatoes Italian Green Beans Dinner Roll Peaches	<b>7</b> Roast Beef w/ Gravy Whipped Potatoes Broccoli Wheat Challah Apple
<b>10</b> Turkey w/ Gravy Spanish Rice (Brown Rice, Beans & Peppers) Carrots Wheat Bread Orange	<b>11</b> Tilapia w/ Bread Crumb Topping Butternut Squash w/ Margarine Cauliflower Wheat Bread Apple Oatmeal Raisin Cookie	<b>12</b> Beef Meatballs w/ Penne Pasta & Sauce Mixed Veggies (Corn, Peas, Green Beans, Carrots & Red Pepper) Italian Bread Pineapple	<b>13</b> Chicken Leg & Thigh w/ Gravy Parsley Potatoes Broccoli Multi Grain Bread Banana	<b>14</b> Pepper Steak w/ Gravy Green Peppers, Onions, Mushrooms & Tomatoes Whipped Potatoes Wheat Challah Applesauce Cake w/ Powdered Sugar

**RSVP BY 4 PM THE BUSINESS DAY BEFORE PICK UP\***

**412-567-1715**

**\*CALLING AFTER 4 PM DOES NOT GUARANTEE A MEAL**



**KOSHER**  
by ALADDIN


Menu is subject to change.

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>17</b></p> <p>Turkey Burger w/ Honey Mustard Potatoes w/ Old Bay Seasoning Mashed Winter Squash Wheat Bread Fruit Cocktail Sugar Cookie</p>	<p><b>18</b></p> <p>Shredded BBQ Beef Scalloped Potatoes Broccoli Wheat Bun Peaches</p>	<p><b>19</b></p> <p>Beef Meatloaf w/ Gravy Garlic Whipped Potatoes Peas &amp; Pearl Onions Rye Bread Tangerine</p>	<p><b>20</b></p> <p>Boneless Chicken Breast in Marinara Sauce Midori Vegetables (Green Pepper, Lima Beans, Celery &amp; White Corn) Brown Rice Pilaf Banana</p>	<p><b>21</b></p> <p>Baked Tilapia w/ Dill Sauce Gourmet Potatoes Italian Green Beans Wheat Challah Apple</p>
<p><b>24</b></p> <p>Hearty Beef Stew w/ Potatoes, Carrots, Onion &amp; Celery Mexican Blend (Corn, Black Beans, Red Pepper &amp; Onion) Dinner Roll Orange</p>	<p><b>25</b></p> <p>Roast Beef w/ Gravy Whipped Potatoes Green &amp; Yellow Beans w/ Mushrooms Wheat Bread Apple</p>	<p><b>26</b></p> <p>Turkey ala King w/ Red Peppers &amp; Mushrooms Parsley Potatoes Broccoli Rye Bread Banana</p>	<p><b>27</b></p> <p>Spiral Pasta w/ Ground Turkey &amp; Meat Sauce Tossed Salad w/ Tomatoes &amp; Cucumbers Italian Bread Pineapple &amp; Mandarin Oranges</p>	<p><b>28</b></p> <p>Chicken Breast w/ Gravy Savory Potatoes Peas &amp; Carrots Wheat Challah Apricots Fruit &amp; Grain Bar</p>
<p><b>31</b></p> <p>BBQ Turkey Parsley &amp; Chive Potatoes Broccoli Wheat Bun Fruit Cocktail</p>	 <p><i>Happy New Year</i></p>			

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