

SEPTEMBER 2021

MEALS TO GO AT THE JCC PALM COURT 12 PM – 1 PM

AgeWell
at the JCC

Monday	Tuesday	Wednesday	Thursday	Friday
6 LABOR DAY ROSH HASHANAH JCC CLOSED	7 ROSH HASHANAH JCC CLOSED	8 ROSH HASHANAH JCC CLOSED	9 Roasted Veggie Wrap Potato Salad w/ Red Pepper Spinach Tortilla Nectarine	10 Corned Beef Broccoli Slaw Wheat Challah Plum Honey & Oat Bar
13 Stuffed Cabbage w/ Beef Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Banana	14 Roast Beef Lettuce & Tomato Baby Carrots Rye Bread Apple Graham Crackers	15 Salmon w/ Tomato Basil Sauce Chive Scalloped Potatoes Green Beans Italian Bread Orange	16 YOM KIPPUR JCC CLOSED	17 Chicken Strips Romaine & Green Leaf Lettuce Tomato Wedges Chickpea Salad Wheat Challah Plum
20 Pepper Steak w/ Gravy, Green Peppers, Onions & Tomatoes Barley Wheat Bread Orange	21 SUKKOT JCC CLOSED	22 Corned Beef Vinegar Potato Salad Tomato Romaine & Spinach Hamburger Bun Banana	23 Chicken Breast w/ Gravy Broccoli Dinner Roll Brown Rice Pilaf Apple Graham Crackers	24 Hard Cooked Egg Colby Cheese Strips Romaine & Leaf Lettuce w/ Peas & Radishes Wheat Challah Nectarine
27 Baked White Fish w/ Lemon Whipped Butternut Squash Stewed Tomatoes w/ Green Beans Multi Grain Bread Apple	28 SHEMINI ATZERET / SIMCHAT TORAH JCC CLOSED	29 Roasted Veggie Wrap Hard Cooked Egg Pasta Salad w/ Tomatoes & Green Pepper Wheat Tortilla Apple	30 Stuffed Pepper w/ Ground Beef Garlic Whipped Potatoes Yellow Beans Italian Bread Orange	

RSVP BY 4 PM THE BUSINESS DAY BEFORE PICK UP*

412-567-1715

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



Menu is subject to change.

