

# AgeWell LUNCH MENU

at the JCC

## Week of May 31-June 4

### Monday, May 31

#### Hot Meal

Hamburger  
Baked Beans (Low Sodium)  
Tomato  
Wheat Bun  
Tropical Fruit Cup

#### Cold Meal

Egg Salad  
3 Bean Salad  
Italian Bread  
Orange

### Wednesday, June 2

#### Hot Meal

Cabbage Roll w/ Ground Beef  
Whipped Potatoes  
Carrot Coins w/ Parsley  
Fudge Brownie

#### Cold Meal

Chicken Breast  
Spinach  
Mandarin Oranges  
Diced Beets  
Multi Grain Bread  
Apple

#### Cold Meal

Turkey Breast  
Lettuce & Tomato  
Carrot Slaw  
Wheat Challah  
Peaches & Pears  
Honey & Oat Bar

**For Meals to Pick Up  
Call 412-567-1715**

- You must be registered with AgeWell.
- Call to order for the following Monday and/or Wednesday by Sunday at 8 PM or Tuesday at 8 PM (for Wednesday only).
- Pick up your meals at the JCC on Monday and/or Wednesday between 11 AM-1 PM.

**For Meal Delivery  
Call 412-339-5405**

- You must be registered with AgeWell and live in the 15217 zip code.
- Call to order for the following week by Tuesday at 8 PM.
- Your meals will be delivered on Mondays and Wednesdays between 11 AM-3 PM.

*Other county-funded home-delivered meals, such as Mollie's Meals, LifeSpan, Eastern Area Adult Services, etc. cannot be received simultaneously with AgeWell Meals 2 Go/AgeWell Delivers.*