AgeWell at the JCC

LUNCH MENU

Week of October 5-9

Monday, October 5

Hot Meal
Chicken Leg & Thigh
Yams with Brown Sugar
Cauliflower
Multigrain Bread
Pears

Cold Meal
Tuna Salad
Three Bean Salad
Wheat Bread
Orange
Chocolate Chip Cookie

Wednesday, October 7

Hot Meal
Cabbage Roll
Whipped Potatoes
Tossed Salad
Wheat Bread
Pineapple Chunks

Cold Meal
Corned Beef on Rye
Lettuce & Tomato
Orzo Salad
Apple

Cold Meal
Turkey Breast
Potato Salad
Baby Carrots
Pumpkin Muffins with Raisins

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.