

OCTOBER 2021

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



Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change.				1 Meatloaf Lettuce Tabbouleh Wheat Challah Pineapple
4 Chicken Leg & Thigh Yams w/ Margarine & Brown Sugar Cauliflower Multi Grain Bread Pears	5 Tuna Salad Three Bean Salad Wheat Bread Orange Chocolate Chip Cookie	6 Cabbage Roll w/ Ground Beef & Tomato Sauce Whipped Potatoes Tossed Salad w/ Cucumbers & Chickpeas Wheat Bread Pineapple	7 Corned Beef Lettuce & Tomato Orzo Salad w/ Carrots & Peas Rye Bread Apple	8 Turkey Breast Potato Salad w/ Green Pepper Carrots Wheat Challah Pumpkin Muffin w/ Raisins
11 Swiss Steak w/ Gravy Brown Rice Broccoli Dinner Roll Fruit Cocktail	12 Roast Beef Coleslaw Lettuce & Tomato Whole Wheat Bun Apple	13 Beef Teriyaki Meatballs w/ Gravy Scalloped Potatoes Italian Green Beans w/ Red Pepper Wheat Bread Mandarin Oranges	14 Southwestern Turkey Wrap w/ Black Beans, Corn, Red Pepper & Lettuce Carrot Slaw Whole Wheat Tortilla Orange	15 JCC CLOSED STAFF IN - SERVICE

RSVP BY 4 PM THE BUSINESS DAY BEFORE PICK UP*
412-567-1715
***CALLING AFTER 4 PM DOES NOT GUARANTEE A MEAL**



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MEALS TO GO AT THE JCC PALM COURT

AgeWell
at the JCC

12 PM – 1 PM

Monday	Tuesday	Wednesday	Thursday	Friday
18 Turkey w/ Gravy Whipped Yams Broccoli Florets w/ Green & Red Peppers & Corn Wheat Bread Apple	19 Tuna Salad Potato Salad Israeli Salad Wheat Bread Fruit Cocktail	20 Chicken Paprika w/ Sauce Carrots Noodles Dinner Roll Orange	21 Egg Salad Lettuce & Tomato Vinegar & Oil Coleslaw Sandwich Bun Peaches	22 Provolone Cheese Lettuce & Tomato Pickle Broccoli Slaw Wheat Challah Mandarin Oranges
25 Boneless BBQ Beef Ribs Baked Potato Broccoli Wheat Bread Apple	26 Chicken Salad Carrots 12 Grain Bread Sliced Pears Graham Crackers	27 Cowboy Burger w/ Sauteed Green Peppers & Onion Cauliflower Barley Sandwich Bun Pineapple	28 Turkey Sandwich Three Bean Salad Sandwich Bun Pumpkin Cookie Orange	29 Meatloaf Tomato Sliced Beets Wheat Challah Tangelo

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