

NOVEMBER 2021

MEALS TO GO AT THE JCC PALM COURT

12 PM – 1 PM

AgeWell
at the JCC

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Mozzarella Cheese Stuffed Shells w/ Marinara Sauce Green Beans Whole Wheat Bread Orange</p>	<p>2</p> <p>Hot Roast Beef Coleslaw Lettuce & Tomato Rye Bread Apple</p>	<p>3</p> <p>Baked Pollock w/ Lemon Pepper Cabbage & Noodles Peas & Carrots Italian Bread Fruit Cocktail</p>	<p>4</p> <p>Egg Salad Lettuce & Tomato Pickled Beets Sandwich Bun Tangerine</p>	<p>5</p> <p>Hot Chicken Strips Salad w/ Hard Cooked Egg, Spinach, Tomato & Cucumber Wheat Challah Gingerbread Cookie Apple</p>
<p>8</p> <p>BBQ Beef Roast Whipped Yams Italian Green Beans Wheat Bread Orange</p>	<p>9</p> <p>Tuna Salad Israeli Salad Rye Bread Apple Graham Crackers</p>	<p>10</p> <p>Salisbury Steak w/ Gravy Scalloped Potatoes Broccoli & Cauliflower Honey Wheat Bread Pineapple</p>	<p>11</p> <p>Turkey Wrap w/ Black Beans, Corn & Red Pepper Carrot Slaw Whole Wheat Tortilla Peaches</p>	<p>12</p> <p>Hot Corned Beef Lettuce & Tomato Orzo Salad w/ Carrots & Peas Wheat Challah Grapes</p>
<p>15</p> <p>Chicken Leg & Thigh w/ Gravy Acorn Squash Stewed Tomatoes Multi Grain Bread Pears</p>	<p>16</p> <p>Tuna Salad on Tossed Salad w/ Romaine, Green Pepper & Cucumber Wheat Bread Orange Oatmeal Raisin Cookie</p>	<p>17</p> <p>THANKSGIVING LUNCH Turkey Breast w/ Gravy Garlic Whipped Potatoes Capri Medley Stuffing Cranberry Orange Sauce Pumpkin Mousse</p>	<p>18</p> <p>Roasted Vege Wrap Hard Cooked Egg Pasta Salad w/ Tomatoes & Green Pepper Wheat Tortilla Pineapple</p>	<p>19</p> <p>Hot Beef Meatloaf Broccoli Slaw Wheat Challah Fruit Cocktail</p>

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.




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Monday	Tuesday	Wednesday	Thursday	Friday
22 Beef Tips w/ Gravy Carrots Rye Bread Orzo Tangerine	23 Egg Salad Lettuce & Tomato Vinegar & Oil Coleslaw Sandwich Bun Apple	24 Chicken Breast w/ Gravy Whipped Butternut Squash Stewed Tomatoes w/ Green Beans Multi Grain Bread Pears	25 JCC CLOSED THANKSGIVING	26 Hot Roast Beef Lettuce & Tomato Potato Salad Wheat Challah Mandarin Oranges
29 HANUKKAH LUNCH Beef Brisket Harvard Beets Tossed Salad w/ Romaine, Green Peppers & Tomatoes Wide Noodles Jelly Donut	30 Southwestern Turkey Wrap w/ Black Beans, Corn, Red Pepper Salad & Lettuce Carrot Slaw Whole Wheat Tortilla Grapes Graham Crackers	 <i>Happy Hanukkah</i>		

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