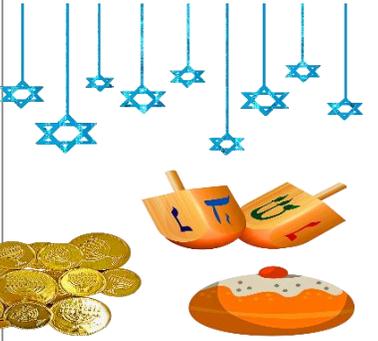


# DECEMBER 2021

## MEALS TO GO AT THE JCC PALM COURT

12 PM – 1 PM



Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p>Chicken Breast w/ Lemon Herb Sauce Potato Latke Spinach Marinated Tomato Wedges Multi Grain Bread Cinnamon Applesauce</p>	<p><b>2</b></p> <p>Corned Beef Tabbouleh Dark Rye Bread Orange</p>	<p><b>3</b></p> <p>Chicken Breast Red Potato Salad Chopped Tomatoes &amp; Cucumbers w/ Italian Dressing Wheat Challah Apple</p>
<p><b>6</b></p> <p>Beef Teriyaki Meatballs Scalloped Potatoes Midori Blend Wheat Bread Pineapple &amp; Mandarin Oranges</p>	<p><b>7</b></p> <p>Southwestern Turkey Chili w/ Black Beans &amp; Corn Coleslaw Wheat Bread Pears</p>	<p><b>8</b></p> <p>Chicken Breast w/ Lemon Sauce Whipped Yams Green Beans Cranberry Orange Relish Apple</p>	<p><b>9</b></p> <p>Vege Patty w/ Dijon Sauce Whipped Potatoes Peas w/ Red Pepper Dinner Roll Peaches</p>	<p><b>10</b></p> <p>Hearty Beef Stew w/ Potatoes, Carrots, Onions &amp; Celery Barley Wheat Challah Pineapple</p>
<p><b>13</b></p> <p>Rotini w/ Meat Sauce &amp; Ground Turkey Italian Green Beans w/ Red Pepper Italian Bread Apricots</p>	<p><b>14</b></p> <p>Beef w/ Gravy Lemon Parsley Potatoes Carrots Rye Bread Pineapple</p>	<p><b>15</b></p> <p>Cabbage Roll w/ Ground Beef, Onions &amp; Tomato Sauce Whipped Horseradish Potatoes Tossed Salad w/ Romaine, Cucumber &amp; Tomatoes Apple Spice Cake</p>	<p><b>16</b></p> <p>Chicken Breast w/ Gravy Yams w/ Margarine &amp; Brown Sugar Broccoli Wheat Bread Apple</p>	<p><b>17</b></p> <p>Baked Tilapia Red Potato Salad Stewed Tomatoes &amp; Zucchini Wheat Challah Orange</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.



# DECEMBER 2021

## MEALS TO GO AT THE JCC PALM COURT

12 PM – 1 PM

AgeWell  
at the JCC

Monday	Tuesday	Wednesday	Thursday	Friday
<b>20</b> Chicken Leg & Thigh w/ Creole Sauce Spinach Brown Rice Pilaf Tangerine	<b>21</b> Turkey & Navy Bean Chili w/ Vegetables & Wheat Macaroni Italian Green Beans Dinner Roll Baked Apple	<b>22</b> Salmon Patty Scalloped Potatoes Cauliflower w/ Red Pepper Rye Bread Peaches	<b>23</b> Open Face Turkey Sandwich w/ Gravy Whipped Potatoes Seasoned Green Beans w/ Onions, Basil, Rosemary & Garlic Multi-Grain Bread Orange	<b>24</b> Beef Meatloaf w/ Tomato Basil Sauce Savory Potatoes Carrots Wheat Challah Pears
<b>27</b> Coney Island Beef Hot Dog w/ Beef Chili Broccoli Wheat Bun Apple	<b>28</b> Vegetarian Patty w/ Honey Dijon Sauce Au Gratin Potatoes Mixed Veggies (Corn, Peas, Carrots & Lima Beans) Whole Wheat Bread Orange	<b>29</b> Teriyaki Beef Cubes Green Beans w/ Red Pepper Dinner Roll Noodles Pineapple	<b>30</b> Sliced Turkey w/ Gravy Peas & Onions Multi Grain Bread Confetti Couscous w/ Tomatoes & Zucchini Peaches	<b>31</b>  <b>JCC CLOSED NEW YEAR'S EVE</b>

**RSVP BY 4 PM THE BUSINESS DAY BEFORE PICK UP\***

**412-567-1715**

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**Menu is subject to  
change.**

