



DECEMBER 2021

MEALS TO GO AT THE JCC PALM COURT

12 PM – 1 PM



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



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AgeWell
at the JCC

Monday	Tuesday	Wednesday	Thursday	Friday
20 Chicken Leg & Thigh w/ Creole Sauce Spinach Brown Rice Pilaf Tangerine	21 Turkey & Navy Bean Chili w/ Vegetables & Wheat Macaroni Italian Green Beans Dinner Roll Baked Apple	22 Salmon Patty Scalloped Potatoes Cauliflower w/ Red Pepper Rye Bread Peaches	23 Open Face Turkey Sandwich w/ Gravy Whipped Potatoes Seasoned Green Beans w/ Onions, Basil, Rosemary & Garlic Multi-Grain Bread Orange	24 Beef Meatloaf w/ Tomato Basil Sauce Savory Potatoes Carrots Wheat Challah Pears
27 Coney Island Beef Hot Dog w/ Beef Chili Broccoli Wheat Bun Apple	28 Vegetarian Patty w/ Honey Dijon Sauce Au Gratin Potatoes Mixed Veggies (Corn, Peas, Carrots & Lima Beans) Whole Wheat Bread Orange	29 Teriyaki Beef Cubes Green Beans w/ Red Pepper Dinner Roll Noodles Pineapple	30 Sliced Turkey w/ Gravy Peas & Onions Multi Grain Bread Confetti Couscous w/ Tomatoes & Zucchini Peaches	31 NEW YEAR'S EVE NO LUNCH NO ELDER EXPRESS

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