



**11 AM-1 PM**

**AgeWell**  
at the JCC

**KOSHER**  
w. ALADDIN

**RSVP by 4 PM the Business  
Day Before Your Visit**

**412-567-1715**

*Calling after 4 PM Does Not Guarantee a Meal*

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <p><b>June 13</b><br/><b>BeWell</b><br/>Beef Tips w/ Gravy<br/>Confetti Couscous<br/>Orange Glazed Carrots<br/>Wheat Bread<br/>Nectarine</p> <p><b>Season's Harvest</b><br/>Orange Chicken<br/>Steamed Brown Rice<br/>Steamed Broccoli<br/>Wheat Bread<br/>Nectarine</p> | <p><b>June 14</b><br/><b>BeWell</b><br/>Turkey w/ Gravy<br/>Stuffing<br/>Mixed Vegetables<br/>Cranberry Sauce<br/>Orange</p> <p><b>Local Deli</b><br/>Beef Tzimmes<br/>Egg Noodles<br/>Orange</p> <p>Menu is subject to change.</p> | <p><b>June 15</b><br/><b>BeWell</b><br/>Stuffed Pepper w/<br/>Ground Beef<br/>Garlic Whipped<br/>Potatoes<br/>Yellow Beans<br/>Italian Bread<br/>Peaches</p> <p><b>Season's Harvest</b><br/>Swiss Steak<br/>Mashed Potatoes<br/>Roasted Cauliflower<br/>Italian Bread<br/>Peaches</p> | <p><b>June 16</b><br/><b>BeWell</b><br/>Vege Patty<br/>Yams w/ Brown Sugar<br/>&amp; Margarine<br/>Broccoli<br/>Rye Bread<br/>Watermelon</p> <p><b>Local Deli</b><br/>Grilled Chicken Wrap<br/>Whole Wheat Tortilla<br/>Israeli Salad<br/>Rye Bread<br/>Watermelon</p> | <p><b>June 17</b><br/><b>BeWell</b><br/>Chicken Salad<br/>Marinated Tomatoes<br/>Chickpea Salad w/<br/>Carrots &amp; Green Onion<br/>Wheat Challah<br/>Plum</p> <p><b>Season's Harvest</b><br/>Salmon w/ Dill<br/>Red Potatoes<br/>Zucchini w/ Tomatoes<br/>Wheat Challah<br/>Plum</p> |

