



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>June 20</p> <p><b>BeWell</b></p> <p>Lemon Garlic Cod Peas Cabbage &amp; Noodles Rye Bread Apple</p>	<p>June 21</p> <p><b>BeWell</b></p> <p>Turkey Teriyaki Meatballs Brown Rice Italian Green Beans Dinner Roll Cantaloupe</p>	<p>June 22</p> <p><b>BeWell</b></p> <p>Chicken ala King Broccoli, Corn &amp; Red Pepper Barley Whole Wheat Bread Peaches</p>	<p>June 23</p> <p><b>BeWell</b></p> <p>Cold Roast Beef Pasta Salad w/ Shells, Corn &amp; Peas Whole Wheat Bun Orange Fig Newton</p>	<p>June 24</p> <p><b>BeWell</b></p> <p>Stuffed Cabbage w/ Ground Beef Garlic Whipped Potatoes Carrots Wheat Challah Grapes</p>
<p><b>Season's Harvest</b></p> <p>Chicken Picatta Garlic Roasted Potatoes Roasted Zucchini Rye Bread Apple</p>	<p><b>Local Deli</b></p> <p>Hot Turkey Sandwich w/ Gravy Mashed Potatoes Italian Corn Dinner Roll Cantaloupe</p>	<p><b>Season's Harvest</b></p> <p>Lemon Basil Tilapia Wild Rice Roasted Cauliflower &amp; Broccoli Whole Wheat Bread Peaches</p>	<p><b>Local Deli</b></p> <p>Tuna Salad Couscous Broccoli Salad Whole Wheat Bread Orange Fig Newton</p>	<p><b>Season's Harvest</b></p> <p>Braised Cod Provencal Potato Latke Butternut Squash &amp; Kale Wheat Challah Grapes</p>
			<p>Menu is subject to change.</p>	

