



11 AM-1 PM

AgeWell  
at the JCC

KOSHER  
by 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 27</p> <p><b>BeWell</b></p> <p>Beef Hamburger Low Sodium Baked Beans Carrots Hamburger Bun Cantaloupe</p>	<p>June 28</p> <p><b>BeWell</b></p> <p>Creole Chicken w/ Tomatoes, Onions &amp; Green Peppers Beets Dinner Roll Brown Rice Orange</p>	<p>June 29</p> <p><b>BeWell</b></p> <p>Roast Beef w/ Gravy Lemon Potatoes Mixed Vegetables Rye Bread Watermelon</p>	<p>June 30</p> <p><b>BeWell</b></p> <p>Turkey Sandwich Potato Salad Zippy Maters Wheat Bread Nectarine</p>	<p>July 1</p> <p><b>BeWell</b></p> <p>Spiral Pasta w/ Ground Beef in Sauce Green &amp; Wax Beans Wheat Challah Pineapple &amp; Mandarin Oranges Oatmeal Raisin Cookie</p>
<p><b>Season's Harvest</b></p> <p>Baked Tilapia Basmati Rice Zucchini Toss Wheat Bread Cantaloupe</p>	<p><b>Local Deli</b></p> <p>Stuffed Cabbage Roll Mashed Potatoes Glazed Carrots w/ Raisins Dinner Roll Orange</p>	<p><b>Season's Harvest</b></p> <p>Beef Kreplach in Broth Tossed Salad Rye Bread Watermelon</p>	<p><b>Local Deli</b></p> <p>Egg Salad Pasta Salad Coleslaw Wheat Bread Nectarine</p>	<p><b>Season's Harvest</b></p> <p>Baked Cod w/ Herb Crust Seasoned Brown Rice Roasted Yellow Squash Wheat Challah Pineapple &amp; Mandarin Oranges Oatmeal Raisin Cookie</p>
		<p>Menu is subject to change.</p>		

