



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 6</p> <p>BeWell</p> <p>Tilapia w/ Lemon Pepper Seasoning Macaroni & Cheese Stewed Tomatoes Rye Bread Nectarine</p> <p>Season's Harvest</p> <p>Pasta w/ Meat Sauce Rye Bread Tossed Salad Rye Bread Nectarine</p>	<p>June 7</p> <p>BeWell</p> <p>Tuna Salad Tabbouleh Carrots Wheat Bread Orange</p> <p>Local Deli</p> <p>Hot Roast Beef Sandwich Mashed Potatoes Orange Glazed Beets Wheat Bread Orange</p>	<p>June 8</p> <p>BeWell</p> <p>Cowboy Hamburger w/ Onions, Green Peppers & Mushrooms Italian Green Beans Whole Wheat Bun Grapes</p> <p>Season's Harvest</p> <p>Roasted Chicken Thigh & Leg Mushroom & Rosemary Rice Honey Glazed Carrots Whole Wheat Bread Grapes</p>	<p>June 9</p> <p>BeWell</p> <p>Chicken w/ Marinara Sauce Broccoli Brown Rice Wheat Bread Pears</p> <p>Local Deli</p> <p>Chopped Liver Potato Kuegel Baba Ganoush Wheat Bread Pears</p> <p>Menu is subject to change.</p>	<p>June 10</p> <p>BeWell</p> <p>Open Face Beef Meatloaf Sandwich w/ Gravy Potatoes Cauliflower, Carrots & Red Peppers Wheat Challah Lemon Pound Cake</p> <p>Season's Harvest</p> <p>English Cod Garden Risotto Butternut Squash & Kale Wheat Challah Lemon Pound Cake</p>

