



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>May 16 BeWell Sliced Turkey w/ Gravy Whipped Potatoes Mixed Vegetables (Corn, Red Bell Pepper, Lima Beans & Celery) Dinner Roll Pineapple</p> <p>Season's Harvest Beef Kreplach Tossed Salad Dinner Roll Pineapple</p>	<p>May 17 BeWell Tuna Salad Potato Salad Marinated Cucumbers Rye Bread Apple</p> <p>Local Deli Stuffed Cabbage Mashed Potatoes Glazed Baby Carrots Rye Bread Apple</p>	<p>May 18 BeWell Porcupine Meatballs in Sauce Italian Green Beans Honey Wheat Bread Noodles Orange</p> <p>Season's Harvest Baked Tilapia Brown Rice Zucchini Wheat Bread Orange</p> <p style="border: 1px dashed black; padding: 5px; text-align: center;">Menu is subject to change.</p>	<p>May 19 BeWell Herb Baked Chicken Breast w/ Gravy Yams w/ Brown Sugar & Margarine Broccoli Multi Grain Bread Fruit Cocktail</p> <p>Local Deli Egg Salad Pasta Salad Coleslaw Wheat Bread Fruit Cocktail</p>	<p>May 20 BeWell Roast Beef w/ Gravy Savory Potatoes Tossed Salad w/ Leaf & Romaine, Green Peppers & Tomatoes Wheat Challah Banana Light Italian Dressing</p> <p>Season's Harvest Baked Cod with Herb Crust Seasoned Brown Rice Roasted Yellow Squash Wheat Challah Banana</p>

