



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 23 BeWell</p> <p>Pollack w/ Dill Sauce Stewed Tomatoes Baked Potato Whole Wheat Bread Apple Graham Crackers</p>	<p>May 24 BeWell</p> <p>BBQ Lean Beef in Low Sodium Sauce Haluski Orange Glazed Carrots Wheat Bun Fruit Cocktail</p>	<p>May 25 BeWell</p> <p>Turkey w/ Gravy (Light and Dark Meat) Lemon Potatoes Broccoli Rye Bread Applesauce</p>	<p>May 26 BeWell</p> <p>Springs w/ Meatballs & Pasta in Sauce Tossed Salad w/ Leaf & Romaine, Green Peppers & Beets Italian bread Peaches</p>	<p>May 27 BeWell</p> <p>Chicken Breast w/ Piccata Sauce Gourmet Potatoes Peas w/ Pearl Onions Wheat Challah Banana</p>
<p>Season's Harvest</p> <p>Roasted Chicken Leg & Thigh Mushroom & Rosemary Rice Honey Glazed Carrots Wheat Bread Apple Graham Crackers</p>	<p>Local Deli</p> <p>Hot Turkey Sandwich w/ Gravy Mashed Potatoes Italian Corn Wheat Bread Fruit Cocktail</p>	<p>Season's Harvest</p> <p>Lemon Basil Tilapia Baked Potato Roasted Cauliflower & Broccoli Rye Bread Applesauce</p>	<p>Local Deli</p> <p>Tuna Salad Couscous Broccoli Salad Italian Bread Peaches</p>	<p>Season's Harvest</p> <p>Braised Cod Provencal Potato Latke Butternut Squash & Kale Banana</p>
				<p>Menu is subject to change.</p>

