



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 30</p> <p>JCAFE IS CLOSED FOR MEMORIAL DAY</p>	<p>May 31</p> <p>BeWell</p> <p>Creole Beef w/ Tomato, Pepper & Onion Sauce Broccoli & Cauliflower Italian Bread Barley Peaches & Pears</p> <p>Local Deli</p> <p>Falafel Pita Bread w/ Hummus Israeli Salad Italian Bread Peaches & Pears</p>	<p>June 1</p> <p>BeWell</p> <p>Cabbage Roll w/ Ground Beef Whipped Potatoes Carrots w/ Parsley Brownie</p> <p>Season's Harvest</p> <p>Meatloaf w/ Gravy Roasted Red Potatoes Braised Red Cabbage Brownie</p>	<p>June 2</p> <p>BeWell</p> <p>Chicken Breast w/ Gravy Spinach Salad w/ Mandarin Oranges & Beets Potatoes w/ Chives & Parsley Whole Wheat Bread Apple</p> <p>Local Deli</p> <p>Chicken Salad Potato Salad Tossed Salad Whole Wheat Bread Apple</p>	<p>June 3</p> <p>BeWell</p> <p>Coney Island Beef Hot Dog w/ Pasta Sauce Green Beans w/ Red Pepper Wheat Challah Whole Wheat Hot Dog Bun</p> <p>Season's Harvest</p> <p>Lemon Baked Flounder Mushroom & Rosemary Rice Sauteed Sugar Snap Peas Whole Wheat Bread</p>

Menu is subject to
change.

