

AgeWell
at the JCC



KOSHER
by ALADDIN

11 AM – 1 PM

**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 9 BeWell Swiss Steak w/ Tomatoes, Onions & Gravy Vegetable Medley (Carrots, Italian Green Beans, Cauliflower & Red Pepper) Rye Bread White Rice Pilaf Orange</p> <p>Season's Harvest Pasta Primavera Caesar Salad Dinner Roll Peaches</p>	<p>May 10 BeWell Chicken Breast w/ Mushroom Gravy Broccoli Florets Yams w/ Margarine & Brown Sugar Wheat Bread Mandarin Oranges Graham Crackers</p> <p>Local Deli Cod English Brown Rice Green Beans Wheat Bread Pears</p>	<p>May 11 BeWell Roast Beef Coleslaw Lettuce Sweet Onion, Corn & Tomato Salad Whole Wheat Sandwich Bun Apple</p> <p>Season's Harvest Chicken Bruschetta Rice Pilaf Peas Wheat Challah Peaches</p>	<p>May 12 BeWell Turkey Meatballs in Teriyaki Sauce Chive Scalloped Potatoes Green Beans Wheat Brad Pineapple</p> <p>Local Deli Beef Stroganoff Seasoned Noodles Mixed Vegetables Dinner Roll Pineapple</p>	<p>May 13 BeWell Stuffed Pepper w/ Ground Beef Whipped Potatoes Yellow Squash & Yellow Beans Wheat Challah Jelly Roll</p> <p>Season's Harvest Egg Salad Slider Assorted Salads Slider Bun Applesauce</p>
				<p>Menu is subject to change.</p>

