



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>December 19</p> <p>BeWell</p> <p>Stuffed Cabbage w/ Ground Beef Garlic Whipped Potatoes Mixed Vegetables (Corn, Carrots, Peas & Green Beans) Wheat Bread Mandarin Oranges & Pineapple</p> <p>Season's Harvest</p> <p>Tilapia w/ Garlic Sauce Barley Mixed Vegetables Wheat Bread Mandarin Oranges & Pineapple</p>	<p>December 20</p> <p>BeWell</p> <p>Salmon w/ Tomato Basil Sauce Chive Scalloped Potatoes French Cut Green Beans Italian Bread</p> <p>Local Deli</p> <p>Roast Beef w/ Gravy Potato Latke Assorted Vegetables Italian Bread</p>	<p>December 21</p> <p>BeWell</p> <p>Light & Dark Turkey w/ Gravy Pineapple Noodle Kugel Winter Squash Multi Grain Bread Orange</p> <p>Season's Harvest</p> <p>Pasta w/ Meat Sauce Mixed Vegetables Garlic Bread</p>	<p>December 22</p> <p>Hanukkah Lunch</p> <p>Beef Brisket Harvard Beets Tossed Salad w/ Green Pepper & Tomatoes Confetti Couscous Potato Latke Jelly Donut</p> <p>Menu is subject to change.</p>	<p>December 23</p> <p>BeWell</p> <p>Baked Tilapia Potato Latke Spiced Red Cabbage Wheat Challah Applesauce Sugar Cookie w/ Sprinkles</p> <p>Season's Harvest</p> <p>Meatloaf Potato Latke Mixed Vegetables Wheat Challah Applesauce Sugar Cookie w/ Sprinkles</p>

