



**11 AM-1 PM**

**AgeWell**  
at the JCC

**KOSHER**  
by ALADON

**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><b>February 27</b> <b>BeWell</b> Beef Hot Dog Low Sodium Baked Beans Beets Wheat Hot Dog Bun Citrus Mix Ketchup</p>	<p><b>February 28</b> <b>BeWell</b> Chicken Dinner Salad w/ Mixed Greens, Tomato &amp; Peas Whole Wheat Dinner Roll Mandarin Oranges &amp; Pineapple Oatmeal Raisin Cookie Light Raspberry Dressing</p>	<p><b>March 1</b> <b>BeWell</b> Roast Beef w/ Gravy Lemon Potatoes Mixed Vegetables (Corn, Peas, Green Beans &amp; Carrots) Italian Bread Orange</p>	<p><b>March 2</b> <b>BeWell</b> Turkey Divan w/ White Sauce Broccoli Dark Rye Bread Brown Rice Apple</p>	<p><b>March 3</b> <b>BeWell</b> Beef Meatloaf w/ Tomato Gravy Whipped Potatoes Italian Green Beans Wheat Challah Tangerine</p>
<p><b>Season's Harvest</b> All American Burger Low Sodium Baked Beans Beets Bun Citrus Mix Ketchup Mustard</p>	<p><b>Local Deli</b> Pittsburgh Steak Salad Bread Mandarin Oranges &amp; Pineapple Oatmeal Raisin Cookie Salad Dressing</p>	<p><b>Season's Harvest</b> Crispy Chicken Chimichurri Lemon Potatoes Mixed Vegetables (Corn, Peas, Green Beans &amp; Carrots) Bun Orange</p>	<p><b>Local Deli</b> Cilantro Crusted Tilapia Broccoli Dark Rye Bread Brown Rice Apple</p> <p style="border: 1px dotted black; padding: 5px; text-align: center;">Menu is subject to change.</p>	<p><b>Season's Harvest</b> Buffalo Chicken Sandwich Whipped Potatoes Italian Green Beans Wheat Challah Tangerine</p>

