



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>March 13</p> <p><b>BeWell</b></p> <p>Vegetarian Patty w/ Apple Spice Glaze Whipped Potatoes Carrots Wheat Bread Peaches</p>	<p>March 14</p> <p><b>BeWell</b></p> <p>White Turkey Chili w/ Black Beans &amp; Corn Cold Beets White Rice Dinner Roll Tangerine</p>	<p>March 15</p> <p><b>BeWell</b></p> <p>Swiss Steak w/ Gravy Scalloped Potatoes Italian Green Beans Wheat Bread Tropical Fruit Mix</p>	<p>March 16</p> <p><b>BeWell</b></p> <p>Bow Tie Pasta w/ Ground Beef Meat Sauce Tossed Salad w/ Romaine, Red Pepper &amp; Radishes Italian Bread Fruit Cocktail Light Italian Dressing</p>	<p>March 17</p> <p><b>BeWell</b></p> <p>Chicken Breast w/ Mushroom Gravy Roasted Potatoes Broccoli Wheat Challah Banana</p>
<p><b>Season's Harvest</b></p> <p>Cilantro Garlic Tilapia Whipped Potatoes Carrots Wheat Bread Peaches</p>	<p><b>Local Deli</b></p> <p>Full of Beans Chili Cold Beets White Rice Dinner Roll Tangerine</p>	<p><b>Season's Harvest</b></p> <p>Chipotle Chicken Scalloped Potatoes Italian Green Beans Wheat Bread Tropical Fruit Mix</p>	<p><b>Local Deli</b></p> <p>Chicken Carbonara Tossed Salad w/ Romaine, Red Pepper &amp; Radishes Italian Bread Fruit Cocktail Light Italian Dressing</p>	<p><b>Season's Harvest</b></p> <p>Lime Butter Salmon Mushroom Gravy Roasted Potatoes Broccoli Wheat Challah Banana</p>
<p>Menu is subject to change.</p>				

