



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 20 BeWell 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 Stuffed Peppers Garlic Whipped Potatoes Mixed Vegetables (Corn, Carrots, Peas & Green Beans) Wheat Bread Mandarin Oranges & Pineapple</p>	<p>March 21 BeWell Salmon w/ Tomato Basil Sauce Chive Scalloped Potatoes French Cut Green Beans Italian Bread Mixed Tropical Fruit</p> <p>Local Deli Chicken Marsala Chive Scalloped Potatoes French Cut Green Beans Italian Bread Mixed Tropical Fruit</p>	<p>March 22 BeWell Light & Dark Turkey w/ Gravy Pineapple Noodle Kugel Winter Squash Multi Grain Bread Orange</p> <p>Season's Harvest Beef Quesadilla Pineapple Noodle Kugel Winter Squash Multi Grain Bread Orange</p> <p style="border: 1px dotted black; padding: 5px; text-align: center;">Menu is subject to change.</p>	<p>March 23 BeWell Beef Brisket Harvard Beets Tossed Salad w/ Romaine, Green Pepper & Tomatoes Confetti Couscous Banana Light French Dressing</p> <p>Local Deli BBQ Chicken Leg Harvard Beets Tossed Salad w/ Romaine, Green Pepper & Tomatoes Confetti Couscous Banana Light French Dressing</p>	<p>March 24 BeWell Baked Tilapia Spiced Red Cabbage Wheat Challah Barley Apple Sugar Cookie Cocktail Sauce</p> <p>Season's Harvest Beef & Broccoli Stir Fry Spiced Red Cabbage Wheat Challah Barley Apple Sugar Cookie</p>

