



**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><b>March 27</b> <b>BeWell</b> Pepper Steak w/ Gravy, Green Peppers, Onions &amp; Tomatoes Couscous Wheat Bread Fruit Cocktail</p>	<p><b>March 28</b> <b>BeWell</b> Chicken Breast w/ Lemon Pepper Cream Sauce Gourmet Potatoes Broccoli Italian Bread Apple</p>	<p><b>March 29</b> <b>BeWell</b> Baked White Fish w/ Dill Sauce Stewed Tomatoes &amp; Zucchini Confetti Brown Rice Tangerine Brownie</p>	<p><b>March 30</b> <b>BeWell</b> BBQ Shredded Beef Vinegar Potato Salad Carrots Hamburger Bun Citrus Mix</p>	<p><b>March 31</b> <b>BeWell</b> Gemelli Pasta w/ Ground Turkey Meat Sauce Mixed Green Salad w/ Peas &amp; Radishes Wheat Challah Banana Light Italian Dressing</p>
<p><b>Season's Harvest</b> Teriyaki Chicken Couscous Wheat Bread Fruit Cocktail</p>	<p><b>Local Deli</b> Horseradish Crusted Tilapia Lemon Pepper Cream Sauce Gourmet Potatoes Broccoli Italian Bread Apple</p>	<p><b>Season's Harvest</b> Mongolian Beef Stewed Tomatoes &amp; Zucchini Confetti Brown Rice Tangerine Brownie</p>	<p><b>Local Deli</b> Fajita Chicken Sandwich Vinegar Potato Salad Carrots Hamburger Bun Citrus Mix Mayonnaise</p>	<p><b>Season's Harvest</b> Kickin' Turkey Sandwich Mixed Green Salad w/ Romaine, Lettuce, Peas &amp; Radishes Wheat Challah Banana Light Italian Dressing Mayonnaise</p>
<p>Menu is subject to change.</p>				

