



11 AM-1 PM

AgeWell
at the JCC

KOSHER
by 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 6 BeWell Baked White Fish w/ Paprika Au Gratin Potatoes Broccoli, Cauliflower & Carrots Whole Wheat Dinner Roll Peaches Tartar Sauce</p> <p>Season's Harvest Apricot Glazed Chicken Au Gratin Potatoes Broccoli, Cauliflower & Carrots Whole Wheat Dinner Roll Peaches</p>	<p>March 7 BeWell Baked Round Steak w/ Gravy Mexican Mix (Corn Black Beans, Onion & Red Pepper) Wheat Bread Orange</p> <p>Local Deli Turkey Sloppy Joe Mexican Mix (Corn Black Beans, Onion & Red Pepper) Wheat Bun Orange</p>	<p>March 8 BeWell Boneless Chicken Cacciatore Whipped Yams Spinach Dinner Roll Apple</p> <p>Season's Harvest Neisha's Meatloaf Whipped Yams Spinach Dinner Roll Apple</p> <p>Menu is subject to change.</p>	<p>March 9 BeWell Reduced Sodium Turkey Teriyaki Meatballs Rice Pilaf Midori Blend Banana Cake w/ Powdered Sugar Dusting</p> <p>Local Deli Beef Kabob Rice Pilaf Midori Blend Banana Cake w/ Powdered Sugar Dusting</p>	<p>March 10 BeWell Cold Roast Beef Sandwich Lettuce & Tomato Coleslaw White Bean Salsa Wheat Challah Banana Honey Mustard</p> <p>Season's Harvest Lemon Tarragon Salmon Coleslaw White Bean Salsa Wheat Challah Banana Tartar Sauce</p>

