



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>April 24 BeWell</p> <p>Turkey w/ Gravy Butternut Squash Stewed Tomatoes Rye Bread Apple Oatmeal Raisin Cookie</p>	<p>April 25 BeWell</p> <p>Beef Stew w/ Potatoes, Carrots & Peas Sweet & Sour Coleslaw Dinner Roll Apricots</p>	<p>April 26 BeWell</p> <p>Stuffed Cabbage w/ Ground Beef Garlic Whipped Potatoes Carrots & Peas Wheat Bread Tangerine or Orange</p>	<p>April 27 BeWell</p> <p>Bow Tie Pasta w/ Ground Beef Meat Sauce Yellow Beans w/ Mushrooms Italian Bread Orange</p>	<p>April 28 BeWell</p> <p>Chef's Salad Bowl w/ Chicken Strips, Romaine, Lettuce & Tomatoes Chickpea Salad Wheat Challah Fruit Cocktail Light French Dressing</p>
<p>Season's Harvest</p> <p>Swiss Steak Butternut Squash Stewed Tomatoes Rye Bread Apple Oatmeal Raisin Cookie</p>	<p>Local Deli</p> <p>Chicken Pot Pie Sweet & Sour Coleslaw Dinner Roll Apricots</p>	<p>Season's Harvest</p> <p>Stuffed Peppers Garlic Whipped Potatoes Carrots & Peas Wheat Bread Tangerine or Orange</p>	<p>Local Deli</p> <p>Tilapia Lyonnaise Yellow Beans w/ Mushrooms Italian Bread Orange</p> <p style="border: 1px dashed black; padding: 5px; text-align: center;">Menu is subject to change.</p>	<p>Season's Harvest</p> <p>Steak Salad Bowl Romaine, Lettuce & Tomatoes Chickpea Salad Wheat Challah Fruit Cocktail Salad Dressing</p>

