



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>May 1 BeWell</p> <p>Baked White Fish w/ Dill Sauce Savory Potatoes Stewed Tomatoes & Zucchini Wheat Bread Pumpkin Cookie</p> <p>Season's Harvest</p> <p>Amish Beef Savory Potatoes Stewed Tomatoes & Zucchini Wheat Bread Pumpkin Cookie</p>	<p>May 2 BeWell</p> <p>Chicken Breast w/ Lemon Cream Sauce Broccoli Dinner Roll Brown Rice Pilaf Apple</p> <p>Local Deli</p> <p>Veggie Patty w/ Horseradish Sauce Broccoli Bun Brown Rice Pilaf Apple</p>	<p>May 3 BeWell</p> <p>Shredded BBQ Beef Parsley Potatoes Peas Hamburger Bun Fruit Cocktail</p> <p>Season's Harvest</p> <p>Lemon Caper Salmon Parsley Potatoes Peas Bread Fruit Cocktail Tartar Sauce</p>	<p>May 4 BeWell</p> <p>Open Face Meatloaf Sandwich w/ Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Tangerine</p> <p>Local Deli</p> <p>Open Face Turkey Sandwich Whipped Potatoes Mixed Vegetables Wheat Bread Tangerine</p>	<p>May 5 BeWell</p> <p>Pepper Steak w/ Gravy, Green Peppers, Onions & Tomatoes Wheat Challah Barley Graham Crackers Peaches</p> <p>Season's Harvest</p> <p>Fried Cod Sandwich Wheat Challah Bun Barley Graham Crackers Peaches Tartar Sauce</p>
<p>Menu is subject to change.</p>				

