



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 15 BeWell</p> <p>Hamburger Patty Paprika Potatoes Cabbage & Tomatoes Wheat Bun Peach Mustard Ketchup</p> <p>Season's Harvest</p> <p>Beef Hot Dog Paprika Potatoes Cabbage & Tomatoes Wheat Bun Peach Mustard Ketchup</p>	<p>May 16 BeWell</p> <p>Vegetable Wheat Lasagna Spinach Salad w/ Radishes & Carrots Italian Bread Apple Light Italian Dressing</p> <p>Only one meal will be served on this day.</p>	<p>May 17 BeWell</p> <p>Snow White Turkey Salad Corn & Black Bean Salad Tomatoes & Cucumbers Low Salt Saltines (2) Banana Cake</p> <p>Season's Harvest</p> <p>Firecracker Salmon Corn & Black Bean Salad Tomatoes & Cucumbers Low Salt Saltines (2) Banana Cake Tartar Sauce</p>	<p>May 18 BeWell</p> <p>Tuna Noodle Casserole w/ Peas Cold Beet Slices Dinner Roll Orange</p> <p>Local Deli</p> <p>Sauce Bolognese Over Pasta Cold Beet Slices Dinner Roll Orange</p> <p>Menu is subject to change.</p>	<p>May 19 BeWell</p> <p>Baked Chicken Leg & Thigh Green Beans Cabbage & Noodles Wheat Challah Banana</p> <p>Season's Harvest</p> <p>Cilantro Tilapia Green Beans Cabbage & Noodles Wheat Challah Banana Tartar Sauce</p>

