



11 AM-1 PM

AgeWell at the JCC

KOSHER w. ALADON

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 22</p> <p>BeWell</p> <p>Baked Tilapia w/ Lemon Pepper Seasoning Gourmet Potatoes Broccoli Multi Grain Bread Fruit Cocktail Tartar Sauce</p> <p>Season's Harvest</p> <p>Pesto Chicken Gourmet Potatoes Broccoli Multi Grain Bread Fruit Cocktail</p> | <p>May 23</p> <p>BeWell</p> <p>Stuffed Cabbage Roll w/ Ground Beef & Tomato Sauce Noodles Yellow Squash, Yellow Beans & Onions Dinner Roll Orange</p> <p>Local Deli</p> <p>Stuffed Pepper Noodles Yellow Squash, Yellow Beans & Onions Dinner Roll Orange</p> | <p>May 24</p> <p>BeWell</p> <p>Turkey w/ Gravy Whipped Potatoes Capri Medley (Carrots, Green Beans, Yellow Squash & Zucchini) Stuffing Cranberry Orange Sauce Graham Crackers</p> <p>Season's Harvest</p> <p>Hot Veggie Hoagie Whipped Potatoes Capri Medley (Carrots, Green Beans, Yellow Squash & Zucchini) Stuffing Cranberry Orange Sauce Graham Crackers</p> | <p>May 25</p> <p>BeWell</p> <p>Beef Meatball Sandwich w/ Pasta Sauce Scalloped Potatoes Peas & Carrots Hot Dog Roll Pineapple</p> <p>Local Deli</p> <p>Curry Scallion Salmon Scalloped Potatoes Peas & Carrots Hot Dog Roll Pineapple</p> <p>Menu is subject to change.</p> | <p>May 26</p> <p>JCC CLOSED FOR SHAVUOT</p> <p>PLEASE RESERVE YOUR TUESDAY MAY 30 LUNCH ON THURSDAY MAY 25 BY 4 PM!!</p> |

