



**RSVP by 12 PM the Day Before Your Visit on the MindBody App or by Calling 412-446-4776 to Purchase Your Punch Pass**

**South Hills**

**AgeWell**  
at the JCC

**KOSHER**  
by ALADDIN

**12:30 PM - 1:30 PM**

## **Dine In & To Go Meals**

| <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   |
|--|--|---|
| <p><b>May 2</b><br/>Chicken Breast w/ Non-Dairy<br/>Lemon Cream Sauce<br/>Broccoli<br/>Brown Rice Pilaf<br/>Fruit of the Day</p>                 | <p><b>May 3</b><br/>Baked White Fish w/ Dill<br/>Sauce<br/>Savory Potatoes<br/>Stewed Tomatoes &amp; Zucchini<br/>Fruit of the Day</p> | <p><b>May 4</b><br/>Open Face Meatloaf<br/>Sandwich w/ Gravy<br/>Whipped Potatoes<br/>Mixed Vegetables<br/>Fruit of the Day</p>                                   |
| <p><b>May 9</b><br/>Cider Beef Stew w/ Potatoes,<br/>Carrots &amp; Peas<br/>Sweet &amp; Sour Coleslaw<br/>Fruit of the Day</p>                   | <p><b>May 10</b><br/>Salmon w/ Tomato Basil<br/>Sauce<br/>Chive Scalloped Potatoes<br/>Green Beans<br/>Fruit of the Day</p>            | <p><b>May 11</b><br/>Baked Chicken Breast w/<br/>Mushroom Gravy<br/>Butternut Squash w/<br/>Margarine &amp; Cinnamon<br/>Stewed Tomatoes<br/>Fruit of the Day</p> |
| <p><b>May 16</b><br/>Vegetable Wheat Lasagna<br/>Spinach Salad w/ Radishes &amp;<br/>Carrots<br/>Light Italian Dressing<br/>Fruit of the Day</p> | <p><b>May 17</b><br/>Pesto Salmon<br/>Corn &amp; Black Bean Salad<br/>Tomatoes &amp; Cucumbers<br/>Fruit of the Day</p>                | <p><b>May 18</b><br/>Blackened Chicken<br/>Cold Beet Slices<br/>Fruit of the Day</p>  |

Turn this page over for more details. Menu is subject to change.



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| <p><b>May 23</b><br/>Stuffed Cabbage Roll w/<br/>Ground Beef &amp; Tomato Sauce<br/>Noodles<br/>Yellow Squash, Yellow Beans<br/>&amp; Onions<br/>Fruit of the Day</p> | <p><b>May 24</b><br/>Baked Tilapia w/ Lemon<br/>Pepper Seasoning<br/>Gourmet Potatoes<br/>Broccoli<br/>Fruit of the Day</p> | <p><b>May 25</b><br/>Turkey w/ Gravy<br/>Whipped Potatoes<br/>Capri Medley (Carrots, Green<br/>Beans, Yellow Squash &amp;<br/>Zucchini)<br/>Stuffing<br/>Cranberry Orange Sauce<br/>Fruit of the Day</p> |
| <p><b>May 30</b><br/>Roast Beef w/ Gravy<br/>Mixed Greens w/ Tomato &amp;<br/>Peas<br/>Light Raspberry Dressing<br/>Fruit of the Day</p>                              | <p><b>May 31</b><br/>Honey Glazed Salmon<br/>Lemon Potatoes<br/>Mixed Veggies<br/>Fruit of the Day</p>                      | <p><b>June 1</b><br/>Turkey Divan w/ Non-Dairy<br/>White Sauce<br/>Broccoli<br/>Brown Rice<br/>Fruit of the Day</p>  |

Lunch costs \$3 for Registered South Hills AgeWell Members. The fee is paid through a **cashless**, electronic system called Punch Pass.

Punch Passes can be purchased by visiting our new AgeWell Office, calling 412-446-4776, or stopping by the South Hills JCC Front Desk.

Once you have your Punch Pass, you can sign up for lunch up to three days before your visit until 12 PM the day before your lunch pick up using the MindBody App or calling 412-446-4776.

**Menu is subject to change.**