



**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><b>June 5</b> <b>BeWell</b></p> <p>Baked White Fish w/ Paprika Au Gratin Potatoes Broccoli, Cauliflower &amp; Carrot Mix Wheat Dinner Roll Peaches Tartar Sauce</p> <p><b>Season's Harvest</b></p> <p>Three Pepper Steak Au Gratin Potatoes Broccoli, Cauliflower &amp; Carrot Mix Wheat Dinner Roll Peaches</p>	<p><b>June 6</b> <b>BeWell</b></p> <p>Beef Tips w/ Gravy Noodles Mexican Mix (Corn, Black Beans, Onion &amp; Red Pepper) Orange</p> <p><b>Local Deli</b></p> <p>Chili Dog Macaroni Salad Mexican Mix (Corn, Black Beans, Onion &amp; Red Pepper) Orange</p>	<p><b>June 7</b> <b>BeWell</b></p> <p>Boneless Chicken Cacciatore Whipped Yams Spinach Dinner Roll Apple</p> <p><b>Season's Harvest</b></p> <p>Turkey BLT (Turkey Bacon) Fries Spinach Dinner Roll Apple</p> <p style="border: 1px dashed black; padding: 5px; text-align: center;">Menu is subject to change.</p>	<p><b>June 8</b> <b>BeWell</b></p> <p>Reduced Sodium Turkey Teriyaki Meatballs Rice Pilaf Midori Blend Spice Cake w/ Powdered Sugar Dusting</p> <p><b>Local Deli</b></p> <p>Beef &amp; Broccoli Rice Midori Blend Spice Cake w/ Powdered Sugar Dusting</p>	<p><b>June 9</b> <b>BeWell</b></p> <p>Cold Roast Beef Coleslaw Lettuce &amp; Tomato White Bean Salsa Wheat Challah Banana Honey Mustard</p> <p><b>Season's Harvest</b></p> <p>Summer Sandwich Fried Chicken BLT (Turkey Bacon) Lettuce &amp; Tomato White Bean Salsa Wheat Challah Banana Mayonnaise</p>

