



11 AM-1 PM

AgeWell
at the JCC

KOSHER
by ALADOM

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>January 29</p> <p>BeWell</p> <p>Baked White Fish w/ Dill Sauce Savory Potatoes Stewed Tomatoes & Zucchini Wheat Bread Pumpkin Cookie</p>	<p>January 30</p> <p>BeWell</p> <p>Chicken Breast w/ Lemon Cream Sauce Broccoli Florets Dinner Roll Brown Rice Pilaf Apple</p>	<p>January 31</p> <p>BeWell</p> <p>BBQ Shredded Beef Parsley Potatoes Peas Hamburger Bun Fruit Cocktail</p>	<p>February 1</p> <p>BeWell</p> <p>Open Face Beef Meatloaf Sandwich w/ Gravy Whipped Potatoes Cooked Spinach Wheat Bread Tangerine</p>	<p>February 2</p> <p>BeWell</p> <p>Pepper Steak w/ Gravy, Green Peppers, Onions & Tomatoes Wheat Challah Barley 2 Graham Crackers Peaches</p>
<p>Season's Harvest</p> <p>Chicken Pot Pie w/ Puff Pastry Savory Potatoes Stewed Tomatoes & Zucchini Wheat Bread Pumpkin Cookie</p>	<p>Local Deli</p> <p>Baked Pollock w/ Pico de Gallo & Mild Fresh Salsa Broccoli Florets Dinner Roll Brown Rice Pilaf Apple</p>	<p>Season's Harvest</p> <p>Dijonnaise Chicken w/ Non-Dairy Mustard Cream Sauce & Mushrooms Parsley Potatoes Peas Hamburger Bun Fruit Cocktail</p>	<p>Local Deli</p> <p>Cod w/ Lemon Dill Sauce Whipped Potatoes Cooked Spinach Wheat Bread Tangerine Tartar Sauce</p>	<p>Season's Harvest</p> <p>Chicken w/ Mushroom Wine Sauce Wheat Challah Barley 2 Graham Crackers Peaches</p>

Menu is subject to change.

