



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>January 1</p> <p><b>Happy New Year!</b></p> <p><b>AgeWell is Closed.</b></p> <p>Please reserve your Tuesday, January 2 lunch by <b>4 pm on Friday, December 29.</b> Thank you!</p>	<p>January 2</p> <p><b>BeWell</b></p> <p>Creole Chicken w/ Sauce Beets Dinner Roll Rice Orange</p> <p><b>Local Deli</b></p> <p>Stuffed Cabbage w/ Ground Beef Beets Dinner Roll Rice Orange</p> <p>Menu is subject to change.</p>	<p>January 3</p> <p><b>BeWell</b></p> <p>Roast Beef w/ Gravy Lemon Potatoes Spinach Rye Bread Tangerine</p> <p><b>Season's Harvest</b></p> <p>Roast Turkey w/ Cranberry Orange Sauce Lemon Potatoes Spinach Rye Bread Tangerine</p>	<p>January 4</p> <p><b>BeWell</b></p> <p>Turkey Sandwich Warm German Potato Salad Zippy Maters Wheat Bread Banana Yellow Mustard</p> <p><b>Local Deli</b></p> <p>Baked Salmon w/ Lemon Oil Sauce Warm German Potato Salad Zippy Maters Wheat Bread Banana</p>	<p>January 5</p> <p><b>BeWell</b></p> <p>Pasta w/ Ground Beef Meat Sauce Green &amp; Wax Beans Wheat Challah Mandarin Oranges &amp; Pineapple Tidbits Oatmeal Raisin Cookie</p> <p><b>Season's Harvest</b></p> <p>Seared Chicken Cutlet w/ Lemon Herb Sauce Green &amp; Wax Beans Wheat Challah Mandarin Oranges &amp; Pineapple Tidbits Oatmeal Raisin Cookie</p>

