



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 22</p> <p><b>BeWell</b></p> <p>Turkey w/ Gravy Butternut Squash Stewed Tomatoes Rye Bread Apple Oatmeal Raisin Cookie</p>	<p>January 23</p> <p><b>BeWell</b></p> <p>Beef Stew w/ Potatoes, Carrots &amp; Peas Sweet &amp; Sour Coleslaw Dinner Roll Apricots</p>	<p>January 24</p> <p><b>BeWell</b></p> <p>Stuffed Cabbage w/ Ground Beef Garlic Whipped Potatoes Carrots &amp; Peas Wheat Bread Mandarin Oranges &amp; Pineapple Cuts</p>	<p>January 25</p> <p><b>BeWell</b></p> <p>Bow Ties w/ Ground Beef &amp; Pasta Sauce Yellow Beans w/ Mushrooms Italian Bread Orange</p>	<p>January 26</p> <p><b>BeWell</b></p> <p>Chef's Salad Bowl w/ Chicken Strips, Romaine, Leaf Lettuce &amp; Tomato Wedges Chickpea Salad Wheat Challah Fruit Cocktail Light Ranch Dressing</p>
<p><b>Season's Harvest</b></p> <p>Salmon w/ Red Peppers &amp; Garlic Margarine Butternut Squash Stewed Tomatoes Rye Bread Apple Oatmeal Raisin Cookie</p>	<p><b>Local Deli</b></p> <p>Mojo Chicken w/ Pineapple, Citrus &amp; Cumin Marinade Sweet &amp; Sour Coleslaw Dinner Roll Apricots</p>	<p><b>Season's Harvest</b></p> <p>Salmon Croquettes w/ Dill Aioli Sauce Garlic Whipped Potatoes Carrots &amp; Peas Wheat Bread Mandarin Oranges &amp; Pineapple Cuts</p>	<p><b>Local Deli</b></p> <p>Chicken w/ Apple, Fennel &amp; Onion Yellow Beans w/ Mushrooms Italian Bread Orange</p>	<p><b>Season's Harvest</b></p> <p>Tilapia Piccata w/ Lemon Caper Sauce Chickpea Salad Wheat Challah Fruit Cocktail</p>

Menu is subject to change.

