



RSVP by 12 PM the Day Before Your Visit on the  
"JCC Pittsburgh" 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

TUESDAY	WEDNESDAY	THURSDAY
<b>January 2</b> Stuffed Cabbage Rice Pilaf Beets Fruit of the Day	<b>January 3</b> Baked Salmon with Lemon Oil Sauce Fresh Spinach Lemon Potatoes Fruit of the Day	<b>January 4</b> Roast Turkey with Cranberry Orange Sauce Broccoli Roasted Potatoes Fruit of the Day
<b>January 9</b> Chicken Piccata with Lemons & Peppers Green Beans with Red Peppers Rice Pilaf Fruit of the Day	<b>January 10</b> Baked White Fish with Tomatoes, Olives, & Parsley Peas & Carrots Mashed Potatoes Fruit of the Day	<b>January 11</b> Chicken Coq au Vin with Mushrooms & Red Wine Sauce Carrots Brown Rice Fruit of the Day
<b>January 16</b> Roast Chicken with Zucchini, Basil, & Grapes Cherry Tomato Salad Spanish Rice Fruit of the Day	<b>January 17</b> Baked Cod with Breadcrumbs Mac & Cheese Green Beans Fruit of the Day	<b>January 18</b> Baked Chicken Cutlet with Marinara Sauce Broccoli Pasta Fruit of the Day

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



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### January 23

Mojo Chicken with  
Pineapples, Citrus, & Cumin  
Mixed Vegetables  
Brown Rice  
Fruit of the Day

### January 24

Salmon Croquettes with  
Dill Aioli Sauce  
Peas & Carrots  
Tater Tots  
Fruit of the Day

### January 25

Chicken with Apple,  
Fennel & Onion  
Tossed Salad  
Roasted Potatoes  
Fruit of the Day

### January 30

Dijonnaise Chicken with  
Non-Dairy Mustard Cream  
Sauce & Mushrooms  
Rice Pilaf  
Green Beans  
Fruit of the Day

### January 31

Baked Pollock with  
Pico de Gallo  
Spinach  
Roasted Potatoes  
Fruit of the Day

### February 1

Chicken with  
Mushroom Sauce  
Steamed Broccoli  
Barley  
Fruit of the Day

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

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

Once you have purchased meals, you can sign up for lunch as early as Friday for any day in the following week, up until 12PM the day before the meal by using the JCC Pittsburgh App or calling 412-446-4776.

**Menu is subject to change.**