



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
<p><b>July 2</b></p> <p>Salmon Teriyaki Roasted Potatoes Spinach Fruit of the Day</p>	<p><b>July 3</b></p> <p>Four Cheese Ziti Green Beans &amp; Wax Beans Fruit of the day</p>	<p><b>July 4</b></p> <p><b>The AgeWell Office is closed in observance of Independence Day. No meal served.</b></p>
<p><b>July 9</b></p> <p>Meatloaf with Gravy Spinach Yams Fruit of the Day</p>	<p><b>July 10</b></p> <p>Pollock with Fruit Chutney Broccoli Parsley Potatoes Fruit of the Day</p>	<p><b>July 11</b></p> <p>Beef Tips with Gravy Mashed Potatoes Coleslaw Fruit of the Day</p>
<p><b>July 16</b></p> <p>Beef Bourguignon Brown Rice Pilaf Beets Fruit of the Day</p>	<p><b>July 17</b></p> <p>Baked Cod with Herb Crust Whipped Potatoes Green Beans Fruit of the Day</p>	<p><b>July 18</b></p> <p>Chicken a la Orange Chive Potatoes Peas and Carrots Fruit of the Day</p>

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



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<p><b>July 23</b> Beef Stew Sweet &amp; Sour Slaw Fruit of the Day</p>	<p><b>July 24</b> Breaded Eggplant Pasta &amp; Marinara Yellow Beans with Mushrooms Fruit of the Day</p>	<p><b>July 25</b> Stuffed Cabbage Garlic Whipped Potatoes Butternut Squash Fruit of the Day</p>
<p><b>July 30</b> Chicken Marsala Gourmet Potatoes Stewed Tomatoes &amp; Zucchini Fruit of the Day</p>	<p><b>July 31</b> Salmon Florentine Parsley Potatoes Baby Carrots Fruit of the Day</p>	<p><b>August 1</b> Pepper Steak Green Peppers, Onion, &amp; Tomatoes Noodles Fruit of the Day</p>

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.**