



RSVP by 12PM one business day before your visit by using the "JCC Pittsburgh app" or by calling the lunch line at 412-446-4776.

AgeWell
at the JCC South Hills

KOSHER
by ALADDIN

12:30 PM - 1:30 PM

Dine In & To Go Meals • February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
February 3 Salmon with Dill Sauce Brown Rice Spiced Red Cabbage Apricots Bread	February 4 Stuffed Cabbage Roasted Potatoes Mixed Vegetables Apple Bread	February 5 Tuna Salad Sandwich Tabouli Salad Baby Carrots Tangerine Oatmeal Raisin Cookie	February 6 Turkey with Gravy Garlic Whipped Potatoes Green Beans with Red Peppers Stuffing Cranberry Sauce	February 7 Baked Tilapia with Tartar Sauce Chive Scalloped Potatoes Broccoli, Cauliflower, & Carrots Banana Challah
February 10 Salmon Patty with Tartar Sauce Potato Salad Broccoli Grapes Bread	February 11 Sliced Chicken Breast Sandwich with Lettuce, Tomato, & Mayonnaise Italian Pasta Salad with Zucchini & Broccoli Tangerine	February 12 Tuna Noodle Casserole Spinach & Strawberry Salad with Italian Dressing Peaches Bread	February 13 Roast Beef with Gravy Peas & Carrots Brown Rice Orange Dinner Roll	February 14 Vegetarian Chili Baked Potato Cucumber Salad Banana Challah



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<p>February 17</p> <p>Salmon Dinner Salad with Ranch Dressing Broccoli Slaw Grapes Dinner Roll</p>	<p>February 18</p> <p>Meatloaf with Tomato Gravy Horseradish Whipped Potatoes Peas & Carrots Tangerine Bread</p>	<p>February 19</p> <p>Tuna Patty with Tartar Sauce Cabbage & Noodles Beet Slices Apple Bread</p>	<p>February 20</p> <p>Orange Glazed Chicken Breast Carrots Brown Rice Orange Dinner Roll</p>	<p>February 21</p> <p>Turkey Teriyaki Meatballs Spinach Cinnamon Applesauce Yellow Cake with Strawberries Challah</p>
<p>February 24</p> <p>Baked White Fish with Paprika & Tartar Sauce Au Gratin Potatoes Butternut Squash Pineapple Dinner Roll</p>	<p>February 25</p> <p>Pot Roast with Gravy Baked Yams Green Beans with Red Peppers Tropical Mixed Fruit Bread</p>	<p>February 26</p> <p>Stuffed Shells with Marinara Sauce Tossed Salad with French Dressing Apple Dinner Roll</p>	<p>February 27</p> <p>Chicken Cacciatore Carrots Egg Noodles Banana Dinner Roll</p>	<p>February 28</p> <p>Teriyaki Salmon Rice Pilaf Broccoli Tangerine Banana Cake Challah</p>

Lunch is offered at a suggested donation of \$3 for registered South Hills AgeWell at the JCC members. Members can eat in the Jcafe or pick up a meal to go. Friends & family may not pick up meals for registered AgeWell at the JCC members.

Reservations must be placed by 12PM on the business day before the meal through the JCC Pittsburgh app or by calling 412-446-4776. Menu is subject to change.