



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 • October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		October 1 Baked Tilapia with Dill Sauce Stewed Tomatoes & Squash Brown Rice Tangerine Brownie	October 2 AgeWell Office Closed in Observance of Yom Kippur Be sure to place your JCafe reservation for Friday, 10/3 by 12pm on Wednesday, 10/1.	October 3 Vegetable Lasagna Mixed Green Salad with Italian Dressing Cantaloupe Challah
October 6 Vegetable Stuffed Pepper with Mozzarella Whipped Potatoes Carrots Nectarine Bread	October 7 AgeWell Office Closed in Observance of Sukkot Be sure to place your JCafe reservation for Wednesday, 10/8 by 12pm on Monday, 10/6.	October 8 Salmon with Tomato Basil Sauce Scalloped Potatoes Italian Green Beans Tropical Fruit Mix Bread	October 9 Chicken Breast with Mushroom Gravy Roasted Potatoes Mixed Vegetables Banana Bread	October 10 Eggplant Parmesan Tossed Salad with Italian Dressing Cantaloupe & Honeydew Challah
October 13 Tuna Salad Sandwich Tabouli Salad Baby Carrots Tangerine Oatmeal Raisin Cookie	October 14 AgeWell Office Closed in Observance of Simchat Torah Be sure to place your JCafe reservation for Wednesday, 10/15 by 12pm on Monday, 10/13.	October 15 Salmon with Dill Sauce Confetti Brown Rice Spiced Red Cabbage Apricots Bread	October 16 Turkey with Gravy Garlic Whipped Potatoes Peas & Carrots Stuffing Cranberry Sauce	October 17 Baked Tilapia with Tartar Sauce Chive Scalloped Potatoes Broccoli, Cauliflower, & Carrots Banana Challah



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October 20 Salmon Patty with Tartar Sauce Vinegar Potato Salad Broccoli Grapes Bread	October 21 Sliced Chicken Breast Sandwich with Lettuce, Tomato, & Mayo Italian Pasta Salad with Zucchini & Broccoli Tangerine	October 22 Tuna Noodle Casserole Spinach Salad with Strawberries & Italian Dressing Nectarine Bread	October 23 Roast Beef with Gravy Italian Green Beans Brown Rice Orange Dinner Roll	October 24 Vegetarian Chili Baked Potato Cucumber Salad with Italian Dressing Banana Challah
October 27 Lasagna Primavera Tossed Salad with French Dressing Plum Dinner Roll	October 28 Meatloaf with Tomato Gravy Horseradish Whipped Potatoes Spinach Tangerine Bread	October 29 Salmon Dinner Salad with Ranch Dressing Broccoli Slaw Grapes Dinner Roll	October 30 Orange Glazed Chicken Brown Rice Carrots Mixed Berries Dinner Roll Yellow Cake	October 31 Tuna Patty with Tartar Sauce Cabbage & Noodles Beet Slices Mixed Melon Challah

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. **If you need to cancel a reservation, please call the lunch line.**

Menu is subject to change. Nutrition information is available by request.