



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 • January 2025 **UPDATED**

Monday	Tuesday	Wednesday	Thursday	Friday
			January 1 AgeWell at the JCC is closed for New Year's Day. Be sure to place your lunch reservation for Friday, 1/2 by 12pm on Wednesday, 12/31.	January 2 Eggplant Parmesan Tossed Salad with Italian Dressing Cantaloupe & Honeydew Challah
January 5 Salmon Patty with Tartar Sauce Vinegar Potato Salad Broccoli Grapes Bread	January 6 Sliced Chicken Breast Sandwich with Lettuce, Tomato, & Mayo Italian Pasta Salad with Zucchini & Broccoli Tangerine	January 7 Tuna Noodle Casserole Spinach Salad with Mandarin Oranges & Italian Dressing Apple Bread	January 8 Roast Beef with Gravy Italian Green Beans Brown Rice Orange Dinner Roll	January 9 Vegetarian Chili Baked Potato Cucumber Salad with Italian Dressing Banana Challah
January 12 Lasagna Primavera Tossed Salad with French Dressing Apple Dinner Roll	January 13 Meatloaf with Tomato Gravy Horseradish Whipped Potatoes Spinach Tangerine Bread	January 14 Salmon Dinner Salad with Ranch Dressing Broccoli Slaw Grapes Dinner Roll	January 15 Orange Glazed Chicken Brown Rice Carrots Tropical Fruit Dinner Roll Yellow Cake	January 16 Tuna Patty with Tartar Sauce Cabbage & Noodles Beet Slices Orange Challah



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January 19 No Meal Served- MLK Day Be sure to reserve your meal for Tuesday, 1/20 by 12pm on Friday, 1/16.	January 20 Pot Roast with Gravy Baked Yams Green Beans with Red Peppers Tropical Mix Bread	January 21 Stuffed Shells with Marinara Sauce Tossed Salad with French Dressing Fruit Cocktail Dinner Roll	January 22 Chicken Cacciatore Egg Noodles Broccoli Banana Dinner Roll	January 23 Teriyaki Salmon Rice Pilaf Carrots Tangerine Challah Banana Cake
January 26 Chickpea Tofu Curry Mixed Green Salad with Ranch Dressing Orange Graham Crackers Bread	January 27 Chicken Breast with Lemon Pepper Sauce Gourmet Potatoes Broccoli Apple Bread	January 28 Baked Tilapia with Dill Sauce Stewed Tomatoes & Squash Brown Rice Tangerine Brownie	January 29 BBQ Beef Sandwich Vinegar Potato Salad Carrots Mandarin Oranges & Pineapple	January 30 Vegetable Lasagna Mixed Green Salad with Italian Dressing Peaches 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.