



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 2026

Monday	Tuesday	Wednesday	Thursday	Friday
February 2 Vegetable Stuffed Pepper with Mozzarella Whipped Potatoes Carrots Tangerine Bread	February 3 White Turkey Chili Beet Slices White Rice Orange Dinner Roll	February 4 Eggplant Parmesan Tossed Salad with Italian Dressing Cantaloupe & Honeydew Bread	February 5 Chicken Breast with Mushroom Gravy Roasted Potatoes Mixed Vegetables Banana Bread	February 6 The JCC is closed for Staff Care Day. Place your JCafe reservation for Monday, 2/9 by 12pm on Thursday, 2/5.
February 9 Tuna Salad Sandwich Tabouli Salad Baby Carrots Tangerine Cookie	February 10 Turkey with Gravy Whipped Potatoes Peas & Carrots Stuffing Cranberry Sauce	February 11 Salmon with Dill Sauce Confetti Brown Rice Spiced Red Cabbage Apricots Bread	February 12 Stuffed Cabbage Roasted Potatoes Green & Yellow Beans Apple Bread	February 13 Baked White Fish with Tartar Sauce Scalloped Potatoes Broccoli, Cauliflower, & Carrots Banana Challah



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February 16

Salmon Patty with Tartar
Sauce
Vinegar Potato Salad
Broccoli
Grapes
Bread

February 17

Sliced Chicken Breast
Sandwich with Lettuce,
Tomato, & Mayonnaise
Italian Pasta Salad
Tangerine

February 18

Tuna Noodle Casserole
Spinach Salad with
Mandarin Oranges & Italian
Dressing
Apple
Bread

February 19

Roast Beef with Gravy
Italian Green Beans
Brown Rice
Orange
Dinner Roll

February 20

Vegetarian Chili
Baked Potato
Cucumber Salad
Banana
Challah

February 23

Lasagna Primavera
Tossed Salad with French
Dressing
Apple
Dinner Roll

February 24

Meatloaf with Tomato
Gravy
Horseradish Whipped
Potatoes
Spinach
Tangerine
Bread

February 25

Salmon Dinner Salad with
Ranch Dressing
Broccoli Slaw
Grapes
Dinner Roll

February 26

Orange Glazed Chicken
Carrots
Brown Rice
Tropical Fruit
Yellow Cake
Dinner Roll

February 27

Tuna Patty with Tartar Sauce
Cabbage & Noodles
Beet Slices
Orange
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.