



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 • March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>March 2 Baked White Fish with Paprika & Tartar Sauce Au Gratin Potatoes Butternut Squash Mandarin Oranges & Pineapple Dinner Roll</p>	<p>March 3 Pot Roast with Gravy Baked Yams Green Beans with Red Peppers Tropical Mix Fruit Bread</p>	<p>March 4 Teriyaki Salmon Rice Pilaf Carrots Tangerine Challah Banana Cake</p>	<p>March 5 Chicken Cacciatore Egg Noodles Broccoli Banana Dinner Roll</p>	<p>March 6 Stuffed Shells with Marinara Sauce Tossed Salad with French Dressing Fruit Cocktail Dinner Roll</p>
<p>March 9 Chickpea Tofu Curry Mixed Green Salad with Ranch Dressing Orange Graham Crackers Bread</p>	<p>March 10 Chicken Breast with Lemon Pepper Sauce Gourmet Potatoes Broccoli Apple Bread</p>	<p>March 11 Baked Tilapia with Dill Sauce Stewed Tomatoes & Squash Brown Rice Tangerine Brownie</p>	<p>March 12 BBQ Beef Sandwich Vinegar Potato Salad Carrots Mandarin Oranges & Pineapple</p>	<p>March 13 Vegetable Lasagna Mixed Salad with Italian Dressing Peaches Challah</p>
<p>March 16 Vegetable Stuffed Peper Whipped Potatoes Carrots Tangerine Bread</p>	<p>March 17 White Turkey Chili Beet Slices White Rice Orange Dinner Roll</p>	<p>March 18 Salmon with Tomato Basil Sauce Scalloped Potatoes Italian Green Beans Tropical Fruit Mix Bread</p>	<p>March 19 Chicken Breast with Mushroom Gravy Roasted Potatoes Mixed Vegetables Banana Bread</p>	<p>March 20 Eggplant Parmesan Tossed Salad with Italian Dressing Cantaloupe & Honeydew Cubes Challah</p>



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<p>March 23 Tuna Salad Sandwich Tabouli Salad Baby Carrots Tangerine Oatmeal Raisin Cookie</p>	<p>March 24 Turkey with Gravy Garlic Whipped Potatoes Peas & Carrots Stuffing Cranberry Sauce</p>	<p>March 25 Salmon with Dill Sauce Brown Rice Spiced Red Cabbage Apricots Bread</p>	<p>March 26 Stuffed Cabbage Roasted Potatoes Green & Yellow Beans Apple Bread</p>	<p>March 27 Baked White Fish with Tartar Sauce Chive Scalloped Potatoes Broccoli, Cauliflower, & Carrots Banana Challah</p>
<p>March 30 Salmon Patty with Tartar Sauce Vinegar Potato Salad Broccoli Grapes Bread</p>	<p>March 31 Sliced Chicken Breast Sandwich with Lettuce, Tomato, & Mayo Italian Pasta Salad Tangerine</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. **If you need to cancel a reservation, please call the lunch line.**

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