



**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 • May 2026**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>May 4</b></p> <p>Vegetable Stuffed Pepper Whipped Potatoes Carrots Tangerine Bread</p>	<p><b>May 5</b></p> <p>White Turkey Chili Beet Slices White Rice Orange Dinner Roll</p>	<p><b>May 6</b></p> <p>Salmon with Tomato Basil Sauce Scalloped Potatoes Italian Green Beans Tropical Fruit Mix Bread</p>	<p><b>May 7</b></p> <p>Chicken Breast with Mushroom Gravy Roasted Potatoes Mixed Vegetables Banana Bread</p>	<p><b>May 8</b></p> <p>Eggplant Parmesan Tossed Salad with Italian Dressing Cantaloupe &amp; Honeydew Cubes Challah</p>
<p><b>May 11</b></p> <p>Tuna Salad Sandwich Tabouli Salad Baby Carrots Tangerine Oatmeal Raisin Cookie</p>	<p><b>May 12</b></p> <p>Turkey with Gravy Garlic Whipped Potatoes Peas &amp; Carrots Stuffing Cranberry Sauce</p>	<p><b>May 13</b></p> <p>Salmon with Dill Sauce Brown Rice Spiced Red Cabbage Apricots Bread</p>	<p><b>May 14</b></p> <p>Stuffed Cabbage Roasted Potatoes Green &amp; Yellow Beans Apple Bread</p>	<p><b>May 15</b></p> <p>Baked White Fish with Tartar Sauce Chive Scalloped Potatoes Broccoli, Cauliflower, &amp; Carrots Banana Challah</p>



**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**

<p><b>May 18</b> Salmon Patty with Tartar Sauce Vinegar Potato Salad Broccoli Grapes Bread</p>	<p><b>May 19</b> Sliced Chicken Breast Sandwich with Lettuce, Tomato, &amp; Mayo Italian Pasta Salad Tangerine</p>	<p><b>May 20</b> Tuna Noodle Casserole Spinach Salad with Mandarin Oranges &amp; Italian Dressing Apple Bread</p>	<p><b>May 21</b> Roast Beef with Gravy Italian Green Beans Brown Rice Orange Dinner Roll</p>	<p><b>May 22</b> <b>AgeWell Closed for Shavuot- No Meal Served.</b></p>
<p><b>May 25</b> <b>AgeWell Closed for Memorial Day- No Meal Served.</b>  <b>Place reservations for Tuesday, 5/26 by 12pm on Thursday, 5/21.</b></p>	<p><b>May 26</b> Meatloaf with Tomato Gravy Horseradish Whipped Potatoes Spinach Tangerine Bread</p>	<p><b>May 27</b> Salmon Dinner Salad with Ranch Dressing Broccoli Slaw Grapes Dinner Roll</p>	<p><b>May 28</b> Orange Glazed Chicken Carrots Brown Rice Tropical Fruit Mix Dinner Roll Yellow Cake</p>	<p><b>May 29</b> Tuna Patty with Tartar Sauce Cabbage &amp; Noodles Beet Slices Orange 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. **If you need to cancel a reservation, please call the lunch line.**

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