



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 • July 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>July 1</b> Tuna Noodle Casserole Spinach Salad with Mandarin Oranges & Italian Dressing Apple Bread	<b>July 2</b> Roast Beef with Gravy Italian Green Beans Brown Rice Orange Dinner Roll	<b>July 3</b> <b>AgeWell is Closed in            Observance of            Independence Day</b> <b>Be sure to reserve your            meal for Monday, 7/6 by            12pm on Thursday, 7/2.</b>
<b>July 6</b> Baked Tilapia Fish Tacos with Corn & Salsa Red Cabbage Slaw Pineapple Oatmeal Raisin Cookie	<b>July 7</b> Turkey Breast with Gravy Mustard Herb Roasted Potatoes Green Beans Apple Bread	<b>July 8</b> Stuffed Shells with Marinara Sauce Tossed Salad with French Dressing Tangerine Dinner Roll	<b>July 9</b> Chicken Stir Fry Brown Rice Banana Dinner Roll	<b>July 10</b> Salmon with Tomato Basil Sauce Carrots Egg Noodles Orange Challah
<b>July 13</b> Vegetable Lasagna Mixed Green Salad with Italian Dressing Peach Slices Bread	<b>July 14</b> Sloppy Joe Sandwich Vinegar Potato Salad Green & Yellow Beans Orange	<b>July 15</b> Baked Tilapia with Creole Sauce Roasted Potatoes Carrots Pineapple Chocolate Chip Cookie Dinner Roll	<b>July 16</b> Chicken Breast with Lemon Sauce Mashed Sweet Potatoes Broccoli Florets Fruit Cocktail Bread	<b>July 17</b> Tuna Salad Cole Slaw Pickled Beets Graham Crackers Orange Challah



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<p><b>July 20</b> Stuffed Shells with Marinara Sauce Leaf Spinach Peaches Wheat Bread</p>	<p><b>July 21</b> White Turkey Chili Beet Slices Macaroni Tangerine Bread</p>	<p><b>July 22</b> Tuna Salad with Hard Cooked Egg Cole Slaw Pineapple Oatmeal Cookie Bread</p>	<p><b>July 23</b> Chicken Breast with Mushroom Gravy Roasted Potatoes Mixed Salad with Italian Dressing Graham Crackers Apple Dinner Roll</p>	<p><b>July 24</b> Baked Salmon with Tomato Basil Sauce Brown Rice Broccoli Florets Banana Challah</p>
<p><b>July 27</b> Brown Sugar Glazed Salmon Chive Scalloped Potatoes Stewed Tomatoes Tangerine Bread</p>	<p><b>July 28</b> Stuffed Cabbage Garlic Whipped Potatoes Green &amp; Yellow Beans Peaches Bread</p>	<p><b>July 29</b> Tilapia Macaroni &amp; Cheese Marinated Tomatoes &amp; Cucumbers Orange</p>	<p><b>July 30</b> Turkey with Gravy Yams Broccoli Fruit Cocktail Dinner Roll</p>	<p><b>July 31</b> Tuna Patty with Tartar Sauce Tabouli Salad Carrots Apple Oatmeal Cookie 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.