



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 • August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
August 3 Salmon with Tomato Basil Sauce Carrots Egg Noodles Orange Dinner Roll	August 4 Chicken Stir Fry Brown Rice Banana Dinner Roll	August 5 Baked Tilapia Fish Tacos with Corn & Salsa Red Cabbage Slaw Pineapple Oatmeal Raisin Cookie	August 6 Turkey Breast with Gravy Mustard Herb Roasted Potatoes Green Beans Apple Bread	August 7 Stuffed Shells with Marinara Sauce Tossed Salad with French Dressing Tangerine Challah
August 10 Tuna Salad Cole Slaw Pickled Beets Graham Crackers Orange Dinner Roll	August 11 Sloppy Joe Sandwich Vinegar Potato Salad Green Beans Orange	August 12 Vegetable Lasagna Mixed Green Salad with Italian Dressing Peach Slices Bread	August 13 Chicken Breast with Lemon Sauce Mashed Sweet Potatoes Broccoli Florets Fruit Cocktail Bread	August 14 Baked Tilapia with Creole Sauce Roasted Potatoes Carrots Pineapple Chocolate Chip Cookie Challah



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August 17 Salmon Patty Barley Broccoli Peaches Bread	August 18 Vegetarian Chili with Beans Brown Rice Mixed Vegetables Apple Bread	August 19 Ground Beef Stroganoff Egg Noodles Stewed Tomatoes Orange Oatmeal Raisin Cookie	August 20 Orange Chicken Vinegar Potato Salad Sliced Carrots Pineapple Tidbits Bread	August 21 Tilapia with Pineapple Salsa Pasta with Sauce Side Salad with Italian Dressing Tangerine Challah Graham Crackers
August 24 Stuffed Shells with Marinara Sauce Leaf Spinach Peaches Wheat Bread	August 25 Chicken Breast with Mushroom Gravy Roasted Potatoes Mixed Salad with Italian Dressing Graham Crackers Apple Dinner Roll	August 26 Tuna Salad with Hard Cooked Egg Cole Slaw Pineapple Oatmeal Cookie Bread	August 27 White Turkey Chili Beet Slices Macaroni Tangerine Bread	August 28 Baked Salmon with Tomato Basil Sauce Brown Rice Broccoli Florets Banana 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.