

11AM - 1PM

RSVP by 4PM the business
day before your visit.

412-567-1715

Calling after 4PM
does not guarantee
a meal.

Monday

September 7
**AgeWell at the
JCC is CLOSED on
Monday,
September 7th for
Labor Day.**

**Reserve your
lunch for
Tuesday,
September 8th
before 4PM on
Friday,
September 4th.**



Tuesday

September 8

BeWell

Chicken Cacciatore (3 oz)
with Sauce
Cabbage and Noodles
(½ C)
Beet Wedges (½ C)
Marble Rye Bread (1 slice)
Apple (1)
Margarine (1 tsp)

Season's Harvest

Lemon Garlic Salmon
(4 oz)
Cabbage and Noodles
(½ C)
Beet Wedges (½ C)
Marble Rye Bread (1 slice)
Apple (1)
Margarine (1 tsp)

Wednesday

September 9

BeWell

Hamburger (3 oz)
Whipped Yams
(½ C)
Green Beans (½ C)
Wheat Sandwich Bun (1)
Orange (1)

Season's Harvest

Sliced Turkey (4 oz) with
Gravy (1 oz)
Whipped Yams
(½ C)
Green Beans (½ C)
Wheat Sand (1)
Orange (1)

Menu is subject to change.

Thursday

September 10

BeWell

Tuna Noodle Casserole
(1 C)
Sautéed Green and Red
Pepper (½ C)
Banana (1)
Graham Crackers (4)

Season's Harvest

Teriyaki Chicken (3 oz)
Noodles (½ C)
Sautéed Green and Red
Pepper (½ C)
Banana (1)
Graham Crackers (4)

Friday

September 11

BeWell

Beef Brisket (3 oz)
Whipped Sweet Potatoes
(½ C)
Roasted Broccoli (½ C)
Challah (1 slice)
Applesauce Cake with Thin
Caramel Sauce
Margarine (2 tsp)

