



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 • September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
August 31 Baked Tilapia Fish Tacos with Corn & Salsa Red Cabbage Slaw Pineapple Oatmeal Raisin Cookie	September 1 Turkey Breast with Gravy Mustard Herb Roasted Potatoes Green Beans Apple Bread	September 2 Stuffed Shells with Marinara Sauce Tossed Salad with French Dressing Tangerine Dinner Roll	September 3 Chicken Stir Fry Brown Rice Banana Dinner Roll	September 4 Salmon with Tomato Basil Sauce Carrots Egg Noodles Orange Challah
September 7 Labor Day No Meal Served Reserve Your Meal for Tuesday, 9/8 by 12pm on Friday, 9/4	September 8 Sloppy Joe Sandwich Vinegar Potato Salad Green Beans Orange	September 9 Tilapia with Creole Sauce Roasted Potatoes Carrots Pineapple Chocolate Chip Cookie Dinner Roll	September 10 Chicken Breast with Lemon Sauce Mashed Sweet Potatoes Broccoli Florets Fruit Cocktail Bread	September 11 Beef Brisket Whipped Sweet Potatoes Roasted Broccoli Applesauce Cake with Caramel Sauce Challah
September 14 Stuffed Shells with Marinara Sauce Leaf Spinach Peaches Wheat Bread	September 15 White Turkey Chili Beet Slices Macaroni Tangerine Bread	September 16 Baked Salmon with Tomato Basil Sauce Brown Rice Broccoli Florets Banana Bread	September 17 Chicken Breast with Mushroom Gravy Roasted Potatoes Salad with Italian Dressing Graham Crackers Apple Dinner Roll	September 18 Tuna Salad with Hard Cooked Egg Cole Slaw Pineapple Oatmeal Cookie Challah



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September 21 Yom Kippur No Meal Served Reserve Your Meal for Tuesday, 9/22 by 12pm on Friday, 9/18	September 22 Stuffed Cabbage Garlic Whipped Potatoes Green Beans Peaches Bread	September 23 Tilapia Macaroni and Cheese Tomatoes and Cucumbers with Italian Dressing Orange	September 24 Turkey with Gravy Yams with Brown Sugar Broccoli Fruit Cocktail Dinner Roll	September 25 Tuna Patty with Tartar Sauce Tabouli Salad Carrots Apple Oatmeal Raisin Cookie Challah
September 28 Salmon with Tomato Basil Sauce Carrots Egg Noodles Orange Challah	September 29 Chicken Stir Fry Brown Rice Banana Dinner Roll	September 30 Stuffed Shells with Marinara Sauce Tossed Salad with French Dressing Tangerine Dinner Roll	October 1 Turkey Breast with Gravy Mustard Herb Roasted Potatoes Green Beans Apple Bread	October 2 Baked Tilapia Fish Tacos with Corn & Salsa Red Cabbage Slaw Pineapple Oatmeal Raisin Cookie

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.