



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 • October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
October 5 Vegetable Lasagna Mixed Salad with Italian Dressing Peach Slices Bread	October 6 Sloppy Joe Sandwich Vinegar Potato Salad Green Beans Orange	October 7 Tilapia with Creole Sauce Roasted Potatoes Carrots Pineapple Chocolate Chip Cookie Dinner Roll	October 8 Chicken Breast with Lemon Sauce Mashed Sweet Potatoes Broccoli Florets Fruit Cocktail Bread	October 9 Tuna Salad Coleslaw Pickled Beets Graham Crackers Orange Challah
October 12 Stuffed Shells with Marinara Sauce Leaf Spinach Peaches Bread	October 13 White Turkey Chili Beet Slices Macaroni Tangerine Bread	October 14 Tuna Salad with Hard Cooked Egg Cole Slaw Pineapple Oatmeal Cookie Challah	October 15 Chicken Breast with Mushroom Gravy Roasted Potatoes Salad with Italian Dressing Graham Crackers Apple Dinner Roll	October 16 Baked Salmon with Tomato Basil Sauce Brown Rice Broccoli Florets Banana Bread



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October 19 Brown Sugar Glazed Salmon Chive Scalloped Potatoes Stewed Tomatoes Tangerine Bread	October 20 Turkey with Gravy Yams with Brown Sugar Broccoli Fruit Cocktail Dinner Roll	October 21 Tilapia Macaroni and Cheese Tomatoes and Cucumbers with Italian Dressing Orange	October 22 Stuffed Cabbage Garlic Whipped Potatoes Green Beans Peaches Bread	October 23 Tuna Patty with Tartar Sauce Tabouli Salad Carrots Apple Oatmeal Raisin Cookie Challah
October 26 Baked Tilapia Fish Tacos with Corn & Salsa Red Cabbage Slaw Pineapple Oatmeal Raisin Cookie	October 27 Chicken Stir Fry Brown Rice Banana Dinner Roll	October 28 Stuffed Shells with Marinara Sauce Tossed Salad with French Dressing Tangerine Dinner Roll	October 29 Turkey Breast with Gravy Mustard Herb Roasted Potatoes Green Beans Apple Bread	October 30 Salmon with Tomato Basil Sauce Carrots Egg Noodles Orange 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.