



WEEK ONE

Chicken Noodle Casserole
Baked Whitefish
Italian Chicken
Pot Roast
Pesto Tortellini

WEEK TWO

Chicken Noodle Casserole
Baked Whitefish
Meatball Splash
Shepherd's Pie
Pierogies

WEEK THREE

Chicken Stirfry
Tuna Casserole
Meatball Splash
Pot Roast
Pierogies

WEEK FOUR

Chicken Stirfry
Tuna Casserole
Italian Chicken
Shepherd's Pie
Pesto Tortellini

WEEK FIVE

Chicken Noodle Casserole
Meatball Splash
Italian Chicken
Shepherd's Pie
Pierogies

Subject to change. All meals come with mixed vegetables and an additional side unless otherwise indicated. For special dietary requests please call 330.884.6386.

JMeals is a collaboration between Jewish Family & Community Services and the Jewish Community Center of Youngstown, agencies of the Youngstown Area Jewish Federation.

For more information visit jewishyoungstown.org/jmeals.