



**AgeWell**  
at the JCC

**KOSHER**  
by ALADDIN

**11 AM - 1 PM**

RSVP by 4pm the Business  
Day Before your visit

**412-567-1715**

Calling after 4 AM  
Does Not  
Guarantee a Meal

**Monday**

**February 12**

**BeWell**

3 oz Hamburger Patty  
½ C Paprika Potatoes  
½ C Cabbage &  
Tomatoes  
1 Wheat Bun  
½ C Peaches  
1 pkt Mustard  
Calories: 769

**Season's Harvest**

Mediterranean Cod w/  
Roasted Red Peppers  
& Olives  
Paprika Potatoes  
Cabbage & Tomatoes  
Wheat Bun  
Peaches

**Tuesday**

**February 13**

**BeWell**

5 oz Vegetable Lasagna  
Spinach Salad  
¾ C Baby Spinach  
2 T each Chopped  
Radishes & Carrots  
1 sl Italian Bread  
½ C Pasta in Entrée  
1 Apple  
1 T Light Italian  
Dressing  
Calories: 704

**Only one meal  
will be served on  
this day.**

Menu is subject to change.

**Wednesday**

**February 14**

**BeWell**

Tuscan Chicken  
3 oz Chicken Breast  
2 oz Sauce (Spinach,  
Sundried Tomatoes in  
White Sauce)  
½ C Mashed Red  
Potatoes  
½ C Green Beans w/  
Red Pepper  
1 Sl Italian Bread  
2 – 2" Sugar Cookies  
w/ Red Sprinkles  
Calories: 815

**Season's Harvest**

Tilapia w/ Creole Sauce  
Mashed Red Potatoes  
Green Beans w/ Red  
Pepper  
Italian Bread  
2 Sugar Cookies w/  
Red Sprinkles

**Thursday**

**February 15**

**BeWell**

8 oz Tuna Noodle  
Casserole w/ Peas  
½ C Cold Beet Slices  
1 Dinner Roll  
1 Orange  
Calories: 641

**Season's Harvest**

Mexican Chicken w/  
Black Beans &  
Guacamole  
Cold Beet Slices  
Dinner Roll  
Orange

**Friday**

**February 16**

**BeWell**

5 oz Baked Bone In  
Chicken  
½ C Carrots  
½ C Cabbage &  
Noodles  
1 sl Wheat Challah  
1 Banana  
Calories: 634

**Season's Harvest**

Salmon w/ Lemon Dill  
Aioli  
Carrots  
Cabbage & Noodles  
Wheat Challah  
Banana