



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 19

BeWell

4 oz Baked Tilapia w/
Lemon Pepper
Seasoning
½ C Gourmet Potatoes
½ C Peas & Carrots
1 sl Multi Grain Bread
1 Tangerine
1 T Tartar Sauce
Calories: 627

Season's Harvest

Chicken Breast
Florentine w/ Roasted
Pepper
Gourmet Potatoes
Peas & Carrots
Multi Grain Bread
Tangerine

Tuesday

February 20

BeWell

5 oz Stuffed Cabbage
Roll
3 oz Ground Beef
1 oz Tomato Sauce
½ C Noodles
½ C Yellow Squash,
Yellow Beans & Onions
1 Dinner Roll
1 Orange
Calories: 720

Season's Harvest

Asian Salmon w/
Orange Sesame
Noodles
Yellow Squash, Yellow
Beans & Onions
Dinner Roll
Orange

Wednesday

February 21

BeWell

4 oz Turkey
2 oz Gravy
½ C Garlic Whipped
Potatoes
½ C Carrots, Green Beans,
Yellow Squash & Zucchini
½ C Stuffing
¼ C Cranberry-Orange
Sauce
2"x3" Banana Cake
Calories: 735

Season's Harvest

Tilapia w/ Herb
Breadcrumbs & Lemon
Butter
Garlic Whipped Potatoes
Carrots, Green Beans,
Yellow Squash & Zucchini
Stuffing
Cranberry-Orange Sauce
Banana Cake

Thursday

February 22

BeWell

Meatball Sandwich
3 – 1 oz Turkey
Meatballs w/ Pasta
Sauce
½ C Scalloped Potatoes
½ C Broccoli Florets
1 Hot Dog Roll
½ C Pineapple Cuts
Calories: 708

Season's Harvest

Cod w/ Peperonata
Julienne Peppers in
Garlic Wine Sauce
Scalloped Potatoes
Broccoli Florets
Hot Dog Roll
Pineapple Cuts

Menu is subject to change.

Friday

February 23

BeWell

3 oz Chicken Breast w/ 1
Tb Orange Glaze
½ C German Potato
Salad
½ C Tomatoes and Red,
Yellow or Orange
Peppers in Italian
Dressing
1 sl Wheat Challah
1 Apple
Calories: 661

Season's Harvest

Pollock Veracruz w/
Tomato Cilantro Sauce
German Potato Salad
Tomatoes and Red,
Yellow or Orange
Peppers in Italian
Dressing
Wheat Challah
Apple