



**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 5**

**BeWell**

5 oz Stuffed Shells  
2 oz Marinara Sauce  
½ Hard Cooked Egg  
1 C Tossed Salad  
¾ C Mixed Greens  
2 T Each Chopped  
Cucumbers &  
Tomatoes  
1 sl Wheat Bread  
½ C Tropical Fruit Mix  
1 T Light French  
Dressing  
Calories: 759

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

**Tuesday**

**February 6**

**BeWell**

1 C cider Beef Stew w/  
Potatoes, Carrots &  
Peas  
½ C Sweet & Sour  
Coleslaw  
1 Dinner Roll  
½ C apricots  
Calories: 705

**Season's Harvest**

Cod w/ Fresh Fruit  
Salsa  
Sweet & Sour Coleslaw  
Dinner Roll  
Apricots

Menu is subject to change.

**Wednesday**

**February 7**

**BeWell**

4 oz Baked Chicken  
Breast  
1 oz Mushroom Gravy  
½ C Butternut Squash  
w/ Margarine &  
Cinnamon  
½ C Stewed Tomatoes  
1 sl Rye Bread  
1 Apple  
Calories: 668

**Season's Harvest**

Tilapia w/ Orange  
Chipotle  
Butternut Squash w/  
Margarine &  
Cinnamon  
Stewed Tomatoes  
Rye Bread  
Apple

**Thursday**

**February 8**

**BeWell**

3 oz Salmon w/  
Tomato Basil Sauce  
½ C Chive Scalloped  
Potatoes  
½ C Green Beans  
1 sl Italian Bread  
1 Orange  
Calories: 746

**Season's Harvest**

Apple Roasted Chicken  
Breast  
Chive Scalloped  
Potatoes  
Green Beans  
Italian Bread  
Orange

**Friday**

**February 9**

**BeWell**

4 oz Veggie Patty  
1 Tb Honey Mustard  
Sauce  
½ C Garlic Whipped  
Potatoes  
½ C Cold Beet Slices  
1 sl Wheat Challah  
½ C Mandarin Oranges  
& Pineapple Cuts  
Calories: 683

**Season's Harvest**

Salmon w/ Chimichurri  
Parsley Garlic Sauce  
Garlic Whipped  
Potatoes  
Cold Beet Slices  
Wheat Challah  
Mandarin Oranges &  
Pineapple Cuts