



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 pm
Does Not
Guarantee a Meal

Monday

March 25

BeWell

3 oz Pepper Steak
1 oz Gravy
½ C Green Peppers,
Onions & Tomatoes
in Entrée
½ C Couscous
1 sl Wheat Bread
1 Apple
Calories: 704

Season's Harvest

Cajun Spiced Cod w/
Tomatoes
Roasted Zucchini
Wheat Bread
Apple

Tuesday

March 26

BeWell

3 oz Chicken Breast
1 oz Lemon Pepper
Cream Sauce
½ C Gourmet
Potatoes
1/2 C Broccoli Florets
1 sl Italian Bread
1 Apple
Calories: 726

Season's Harvest

Tuscan Salmon
Pasta w/ Marinara
Wheat Challah
Banana

Wednesday

March 27

BeWell

4 oz Baked White
Fish
1 oz Dill Sauce
½ C Stewed
Tomatoes & Zucchini
½ C Confetti Brown
Rice
1 Tangerine
1- 2"x3" Brownie
2- Calories: 603

Season's Harvest

Balsamic Chicken
Broccoli
Confetti Brown Rice
Tangerine
Brownie

Thursday

March 28

BeWell

4 oz BBQ Beef
3 oz Shredded Beef
½ C Vinegar Potato
Salad
½ C Carrots
1 Hamburger Bun
½ C Tropical Mix
Calories: 786

Season's Harvest

Cajun Tilapia w/
Mango
Spanish Rice w/
Roasted Vegetables
Tropical Mix

Menu is subject to change.

Friday

March 29

BeWell

8 oz Pasta w/ Meat
Sauce
3 oz Ground Turkey
1 C Mixed Green Salad
¾ C Romaine & Leaf
Lettuce
2 T each Peas &
Chopped Radishes
1 sl Wheat Challah
½ C Pasta
1 Banana
1 T Light Italian
Dressing
Calories: 704

Season's Harvest

Lemon Panko Crusted
Cod
Tossed Salad
Wheat Challah
Banana