



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 11

BeWell

Vegetarian Patty
½ oz Apple Spice
Glaze
½ C Whipped
Potatoes
1/c C Carrots
1 sl Wheat Bread
½ C Sliced Peaches
Calories: 705

Season's Harvest

Balsamic Chicken
Broccoli
Roasted Potatoes
Wheat Bread
Sliced Peaches

Tuesday

March 12

BeWell

1 C White Turkey Chili
3 oz Turkey, Black
Beans & Corn
½ C Cold Beets
½ C White Rice
1 Dinner Roll
1 Tangerine
Calories: 617

Season's Harvest

Cod Fish Tacos w/
Black Bean Pico de
Gallo
Spanish Rice w/
Vegetables
Tangerine

Wednesday

March 13

BeWell

3 oz Swiss Steak
1 oz Gravy
½ C Scalloped
Potatoes
1/2 C Green Beans
1 sl Wheat Bread
1/2 C Tropical Fruit
Mix
Calories: 742

Season's Harvest

Salmon Croquettes
Tossed Salad
Scalloped Potatoes
Tropical Fruit

Thursday

March 14

BeWell

8 oz Bow Ties w/ Meat
Sauce
3 oz Ground Beef
2 oz Pasta Sauce
1 C Tossed Salad
¾ C Romaine & Leaf
2 T each Chopped Red
Pepper & Radishes
1 sl Italian Bread
½ C Pasta in Entrée
½ C Fruit Cocktail
1 T Light Italian
Dressing
Calories: 657

Season's Harvest

Eggplant Parmesan
Italian Bread
Fruit Cocktail

Friday

March 15

BeWell

5 oz Chicken Breast
w/ Mushroom Gravy
½ C Roasted Potatoes
½ C Broccoli Florets
1 sl Wheat Challah
1 Banana
Calories: 718

Season's Harvest

Tilapia w/ Avocado
Salsa
Steamed Vegetables
Steamed Rice
Wheat Challah
Banana

Menu is subject to change.