



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 18

BeWell

5 oz Stuffed Cabbage
3 oz Ground beef
½ C Garlic Whipped
Potatoes
½ C Mixed
Vegetables (Corn,
Carrots, Peas, Green
Beans)
1 sl Wheat Bread
½ C Mixed Tropical
Fruit
Calories: 748

Season's Harvest

Tuscan Salmon w/
Sundried Tomatoes,
Spinach & Wine
Sauce
Mixed Vegetables
Wheat Bread
Tropical Fruit

Tuesday

March 19

BeWell

3 oz Salmon w/
Tomato Basil Sauce
½ C Chive Potatoes
½ C Green Beans
1 sl Italian Bread
½ C Mandarin
Oranges & Pineapple
Calories: 707

Season's Harvest

Farfalle w/ Bolognese
Green Beans
Italian Bread
Mandarin Oranges &
Pineapple

Wednesday

March 20

BeWell

4 oz Turkey light &
dark
2 oz Gravy
½ C Pineapple Noodle
Kugel
½ C Winter Squash
Cubes
1 Orange
Calories: 730

Season's Harvest

Honey Garlic Salmon
Winter Squash
Pineapple Kugel
Orange

Menu is subject to change.

Thursday

March 21

BeWell

3 oz Beef Brisket
½ C Harvard Beets
1 C Tossed Salad
¾ C Romaine Lettuce
2 T each Chopped
Green Pepper &
Tomatoes
½ C Confetti Couscous
1 Banana
1 T Light French
Dressing
Calories: 726

Season's Harvest

Cod Fish Tacos
Black Bean Pico
Tossed Salad
Confetti Couscous
Banana

Friday

March 22

BeWell

4 oz Baked Tilapia
½ C Spiced Red
Cabbage
1 sl Wheat Challah
½ C Barley
1 Apple
1 pack Cocktail Sauce
1- 2" Sugar Cookie
Calories: 688

Season's Harvest

Teriyaki Chicken
Oriental Vegetables
Wheat Challah
Apple
Sugar Cookie