



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 4

BeWell

4 oz Baked White
Fish w/ Paprika
½ C Au Gratin
Potatoes
½ Cup Broccoli,
Cauliflower & Carrot
Mix
1 Whole Wheat
Dinner Roll
½ C Sliced Pineapple
1 pack Tartar Sauce
Calories: 681

Season's Harvest

Curry Chicken
Mixed Vegetables
Brown Rice
Pineapple
Dinner Roll

Tuesday

March 5

BeWell

3 oz Swiss Steak
1 oz Gravy
½ C Mexican Mix
(Corn, Black Beans,
Onion, Red Pepper)
1 sl Wheat Bread
1 Orange
Calories: 692

Season's Harvest

Margherita Tilapia
Mexican Mixed Beans
Wheat Bread
Orange

Menu is subject to change.

Wednesday

March 6

BeWell

Chicken Cacciatore
3 oz Boneless
Chicken
2 oz Sauce
½ C Whipped yams
½ C Leaf Spinach
1 Dinner Roll
1 Apple
Calories: 681

Season's Harvest

Pittsburgh Steak
Salad
Dinner Roll
Apple

Thursday

March 7

BeWell

2- 2oz Turkey Teriyaki
Meatballs
1 oz Reduced Sodium
Teriyaki Sauce
½ C Rice Pilaf
½ C Oriental Blend
2"x3" Chocolate Cake
w/ Powdered Sugar
Dusting
Calories: 738

Season's Harvest

Pollock w/ Dill Sauce
Roasted Zucchini
Rice Pilaf
Chocolate Cake w/
Powdered Sugar
Dusting

Friday

March 8

BeWell

3 oz Cold Roast Beef
Sandwich
½ C Coleslaw
2 sl Tomato
1 Lettuce Leaf
½ C White Bean Salsa
2 sl Wheat Challah
1 Banana
1 pack Honey
Mustard
Calories: 695

Season's Harvest

Eggplant Parmesan
Pasta w/ Marinara
Coleslaw
Wheat Challah
Banana