



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

April 22
BeWell

4 oz Baked Tilapia w/
Paprika
½ C Scalloped
Potatoes
½ C Leaf Spinach
1 Matzoh
1 Orange
1 pack Tartar Sauce
Calories: 699

Only one meal
option will be
served on this
day.

Tuesday

April 23

**The JCC is
closed for the
first day of
Passover.**

**Please
reserve your
Wednesday,
April 24
lunch
by 4 pm on
Monday,
April 22.**

Wednesday

April 24
BeWell

Creole Chicken
3 oz Chicken
2 oz Sauce
½ C Orange Glazed
Beets
1 Whole Wheat
Matzoh
½ C Mashed Potatoes
1 Tangerine
Calories: 686

Only one meal
option will be
served on this
day.

Menu is subject to change.

Thursday

April 25
BeWell

4 oz Meatloaf
1 tb Gravy
½ C Broccoli
½ C Glazed Yams
1 Whole Wheat
Matzoh
1 Apple
Calories: 752

Only one meal
option will be
served on this
day.

Friday

April 26
BeWell

3 oz Beef Tips
1 oz Gravy
½ C Coleslaw
½ C Roasted Potatoes
½ Whole Wheat
Matzoh
½ C Fruit Cocktail
Calories: 629

Only one meal
option will be
served on this day.