



**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**

**May 13**

**BeWell**

3 oz Hamburger  
½ C Paprika Potatoes  
½ C Cabbage &  
Tomatoes  
1 Wheat Sandwich  
Bun  
½ C Peaches  
1 pkt Ketchup  
Calories: 732

**Season's Harvest**

Salmon w/ Red  
Pepper Puree  
Roasted Red  
Potatoes  
Braised Cabbage  
Peaches

**Tuesday**

**May 14**

**BeWell**

Tuscan Chicken  
3 oz Chicken Breast  
2 oz Sauce (Spinach,  
Sundried Tomatoes,  
White Sauce)  
½ C Mashed Red  
Potatoes  
½ C Green Beans w/  
Red Pepper  
1 sl Italian Bread  
Calories: 659

**Season's Harvest**

Meatball Stroganoff  
Noodles  
Green Beans w/ Red  
Pepper  
Italian Bread

Menu is subject to change.

**Wednesday**

**May 15**

**BeWell**

8 oz Cider Beef Stew  
3 oz Beef Cubes  
1 oz Sauce  
½ C Potatoes, Carrots  
& Onions in Entrée  
½ C Cold Beet Slices  
½ C Brown Rice  
1 Orange  
Calories: 664

**Season's Harvest**

Mediterranean Baked  
Fish  
Baby Carrots  
Cold Beet Slices  
Brown Rice  
Orange

**Thursday**

**May 16**

**BeWell**

5 oz Vegetable  
Wheat Lasagna  
Spinach Salad  
¾ C Baby Spinach  
2 T Chopped  
Radishes & Carrots  
1 Dinner Roll  
½ C Pasta in Entrée  
1 Apple  
1 T Light Italian  
Dressing  
Calories: 733

**Only one meal  
option will be  
served on this  
day.**

**Friday**

**May 17**

**BeWell**

Turkey Divan  
3 oz Turkey  
4 oz Sauce  
2 Spears Broccoli  
½ C Tomatoes &  
Cucumbers  
1 sl Wheat Challah  
2"x3" Banana Cake  
Calories: 783

**Season's Harvest**

Breaded Eggplant  
Pasta Marinara  
Cucumbers &  
Tomatoes  
Wheat Challah  
Banana Cake