



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 20

BeWell

4 oz Baked Tilapia w/
Lemon Pepper
Seasoning
½ C Gourmet
Potatoes
½ C Peas & Carrots
1 sl Multi Grain Bread
½ C Pineapple Cuts
1 T Tartar Sauce
Calories: 624

Season's Harvest

Chicken Tostada
Gourmet Potatoes
Salsa
Tortillas
Black Beans & Corn
Sauce w/ Guacamole
Pineapple Cuts

Tuesday

May 21

BeWell

8 oz Black Bean, Corn
& Turkey Chili
½ C Italian Green
Beans w/ 1 Tb Italian
Dressing
½ C Macaroni
1 sl Rye Bread
1 Orange
Calories: 716

Season's Harvest

Cod w/ Fresh Citrus
Wine Sauce
Italian Green Beans
Macaroni Salad
Rye Bread
Orange

Menu is subject to change.

Wednesday

May 22

BeWell

5 oz Stuffed Cabbage
Roll
3 oz Ground Beef
1 oz Tomato Sauce
½ C Yellow Squash,
Yellow Beans &
Onions
½ C Egg Noodles
1 Tangerine
Calories: 607

Season's Harvest

Salmon Florentine
Roasted Squash
Egg Noodles
Tangerine

Thursday

May 23

BeWell

4 oz Turkey
2 oz Gravy
1/2 C Garlic Whipped
Potatoes
½ C Capri Medley
(Carrots, Green
Beans, Yellow Squash
& Zucchini)
½ C Stuffing
¼ C Cranberry –
Orange Sauce
Calories: 611

Season's Harvest

Tomato Braised
Tilapia
Garlic Mashed
Potatoes
Mixed Vegetables
Mandarin Oranges

Friday

May 24

**The JCC is closed
for Staff Care &
In Service Day.**

**The JCC will be
closed on
Monday, May 27
for Memorial
Day.**

**Please reserve
your Tuesday,
May 28 lunch by
4 pm on
Thursday, May
23.**