



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 27

**The JCC is
closed for
Memorial
Day.**

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

Tuesday

May 28

BeWell

Creole Chicken
3 oz Chicken
2 oz Creole Sauce
½ C Carrots
1 Dinner Roll
½ C Brown Rice
½ C Mandarin
Oranges & Pineapple
Tidbits
Calories: 695

Season's Harvest

Cod Tacos w/
Avocado
Black Bean & Corn
Salad
Flour Tortillas
Brown Rice
Mandarin &
Pineapple Tidbits

Menu is subject to change.

Wednesday

May 29

BeWell

3 oz Roast Beef
1 oz Gavy
½ C Lemon Potatoes
½ C Zucchini & Yellow
Squash
1 sl Italian Bread
1 Banana
Calories: 760

Season's Harvest

Cold Plate
3 oz Lox
Egg Salad
Sliced Red Onion
Lettuce Leaf
Bagel
Banana

Thursday

May 30

BeWell

Meatloaf
3 oz Ground Beef
2 oz Gravy
½ C whipped
Potatoes
½ C Green & Wax
Beans
1 sl Wheat Bread
1 Orange
Calories: 755

Season's Harvest

Chicken Lo Mein
Broccoli
Orange
Wheat Bread

Friday

May 31

BeWell

Hot Turkey Sandwich
3 oz Turkey
2 oz Gravy
½ C Asian Blend
Vegetables
1 Whole Wheat
Challah
1 Apple
Calories: 580

Season's Harvest

Salmon Cake w/ Dill
Aioli
Asian Vegetables
Wheat Challah
Apple