



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

June 24
BeWell

3 oz Pepper Steak
1 oz Gravy
½ C Green Peppers,
Onions & Tomatoes
in Entrée
½ C Barley
1 sl Wheat Bread
½ C Fruit Cocktail
Calories: 696

Season's Harvest

Vegetarian Chickpea,
Tomato &
Cauliflower Curry
Barley
Wheat Bread
Fruit Cocktail

Tuesday

June 25
BeWell

3 oz Chicken Breast
1 oz Lemon Pepper
Cream Sauce
½ C Savory Potatoes
½ C Carrots
1 sl Whole Wheat
Bread
1 Apple
Calories: 682

Season's Harvest

Salmon w/ Tomato
Basil Puree
Savory Potatoes
Carrots
Whole Wheat Bread
Apple

Menu is subject to change.

Wednesday

June 26
BeWell

4 oz Baked Tilapia w/
1 oz Dill Sauce
½ C Stewed
Tomatoes & Zucchini
½ C Confetti Brown
Rice
1 Tangerine
1 -2"x3" Brownie
Calories: 603

Season's Harvest

Balsamic Glazed
Chicken
Roasted Zucchini w/
Tomatoes
Confetti Brown Rice
Tangerine
Brownie

Thursday

June 27
BeWell

4 oz BBQ Beef
3 oz Shredded Beef
½ C Vinegar Potato
Salad
½ C Broccoli Florets
1 Whole Wheat
Hamburger Bun
½ C Tropical Mix
Calories: 769

Season's Harvest

Herb Crusted White
Fish
Vinegar Potato Salad
Broccoli
Tropical Mix

Friday

June 28
BeWell

8 oz Pasta w/ Meat Sauce
3 oz Ground Turkey
1 C Mixed Green Salad
¾ C Romaine & Leaf
Lettuce
2 T Each Peas & Chopped
Carrots
1 sl Wheat Challah
½ C Pasta
1 Banana
1 T Light Raspberry
Dressing
Calories: 699

Season's Harvest

Marmalade Chicken
Breast
Tossed Salad w/ Peas
& Carrots
Garlic Mashed
Potatoes
Wheat Challah
Banana
Light Raspberry
Dressing