



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

July 1

BeWell

- 3 oz Beef Hamburger
- ½ C Roasted Potatoes
- 2 Tomato Slices
- 1 Whole Wheat Sandwich Bun
- ½ C Spinach
- 1 Packet of Ketchup
- ½ C Grapes
- Calories: 702

Season's Harvest

- Salmon Teriyaki
- Roasted Potatoes
- Spinach
- Grapes

Tuesday

July 2

BeWell

- 8 oz Four Cheese Ziti
- ½ C Green Beans & Wax Beans
- 1 Slice of Italian Bread
- ½ C Mandarin Oranges & Pineapple Tidbits
- 1 tsp Margarine
- 1 Fruit and Grain Bar
- Calories: 738

Only one meal will be served on this day.

Wednesday

July 3

BeWell

- Creole Chicken
- 3 oz Chicken
- 2 oz Sauce
- ½ C Broccoli, Carrots, and Cauliflower
- 1 Dinner Roll
- ½ C Brown Rice
- 1 Nectarine
- 1 tsp Margarine
- Calories: 680

Season's Harvest

- Beef Brisket
- Broccoli, Carrots, and Cauliflower
- Roasted Potatoes
- Dinner Roll
- Nectarine

Thursday

July 4

The JCC is closed for Independence Day.

Reserve your lunch for Friday, July 5th by 4:00PM on Wednesday, July 3rd.

Menu is subject to change.

Friday

July 5

BeWell

- 3 oz Turkey
- 1 Lettuce Leaf
- ½ C German Style Potato Salad
- ½ C Zippy Maters
- 2 Slices of Whole Wheat Challah
- 1 Orange
- 1 Packet of Yellow Mustard
- Calories: 639

Season's Harvest

- Lox and Bagel
- Leaf Lettuce and Red Onion
- Zippy Maters
- Orange