



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 15

**BeWell**

- 3 oz Vegetable Patty
- ½ oz Glaze
- ½ C Scalloped Potatoes
- ½ C Carrots
- 1 Slice of Rye Bread
- ½ C Mandarin Oranges and Pineapples
- 1 Packet of Tartar Sauce
- 1 tsp Margarine
- Calories: 684

**Season's Harvest**

- Chicken Fajitas with Flour Tortillas & Salsa
- Brown Rice
- Carrots
- Mandarin Oranges & Pineapple

**Tuesday**

July 16

**BeWell**

- 1 C Tuna Noodle Casserole with Peas
- 3 oz Tuna
- ½ C Cherry Tomato Salad
- 1 Slice of Wheat Bread
- 1/2 C Grapes
- Calories: 634

**Season's Harvest**

- Chicken Pesto over Noodles
- Cherry Tomato Salad
- Wheat Bread
- Grapes

**Wednesday**

July 17

**BeWell**

- 3 oz Salisbury Steak
- 1 tbsp Thin Gravy
- ½ C Whipped Potatoes
- ½ C Spinach
- 1 Slice of Italian Bread
- ½ C Tropical Fruit Mix
- Calories: 738

**Season's Harvest**

- Baked Cod with Herb Crust
- Whipped Potatoes
- Spinach
- Italian Bread
- Tropical Fruit Mix

**Thursday**

July 18

**BeWell**

- 5 oz Chicken Leg and Thigh
- ½ C Brown Rice Pilaf
- ½ C Beets
- 1 Slice of Rye Bread
- 1 Orange
- 1 tsp Margarine
- Calories: 695

**Season's Harvest**

- Beef Bourguignon
- Brown Rice Pilaf
- Beets
- Rye Bread
- Orange

Menu is subject to change.

**Friday**

July 19

**BeWell**

- 3 oz Salmon with Tomato Basil Sauce
- ½ C Chive Baked Potatoes
- ½ C French Cut Green Beans
- 1 Slice of Wheat Challah
- 1 Banana
- 1 tsp Margarine
- Calories: 675

**Season's Harvest**

- Chicken ala Orange
- Chive Baked Potatoes
- French Cut Green Beans
- Wheat Challah
- Banana