



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 22

BeWell

- 4 oz Turkey
- 1 oz Thin Gravy
- ½ C Butternut Squash
- ½ C Stewed Tomatoes
- 1 Slice of Rye Bread
- 1 Apple
- 1-2" Oatmeal Raisin Cookie
- 1 tsp Margarine
- Calories: 727

Season's Harvest

- Mediterranean Salmon
- Butternut Squash
- Stewed Tomatoes
- Apple
- Rye Bread
- Oatmeal Cookie

Tuesday

July 23

BeWell

- 1 C Beef Stew
- 3 oz Beef
- ½ C Potatoes, Carrots, & Peas in Stew
- ½ C Sweet and Sour Coleslaw
- 1 Dinner Roll
- ½ C Apricots
- 1 tsp Margarine
- Calories: 705

Season's Harvest

- Breaded Chicken Cutlet
- Stewed Tomatoes
- Sweet and Sour Coleslaw
- Dinner Roll
- Apricots

Wednesday

July 24

BeWell

- 5 oz Stuffed Cabbage
- 3 oz Ground Beef
- ½ C Garlic Whipped Potatoes
- ½ C Carrots and Peas
- 1 Slice of Wheat Bread
- ½ C Watermelon
- Calories: 679

Menu is subject to change.

Season's Harvest

- Cod Pepperonata
- Garlic Whipped Potatoes
- Carrots and Peas
- Wheat Bread
- Watermelon

Thursday

July 25

BeWell

- 8 oz Bow Tie Pasta with Meat Sauce
- 3 oz Ground Beef
- 2 oz Pasta Sauce
- ½ C Yellow Beans with Mushrooms
- 1 Slice of Italian Bread
- ½ C Pasta in Entrée
- 1 Orange
- 1 tsp Margarine
- Calories: 751

Season's Harvest

- Breaded Eggplant
- Pasta with Marinara
- Yellow Beans with Mushrooms
- Italian Bread
- Orange

Friday

July 26

BeWell

- Chef's Salad Bowl
- 3 oz Chicken Strips
- 1 C Romaine & Green Leaf Lettuce
- 2 Tomato Wedges
- ½ C Chickpea Salad
- 1 Slice of Wheat Challah
- ½ C Grapes
- 2 tbsp Light French Dressing
- 1 tsp Margarine
- Calories: 653

Season's Harvest

- Beef Pot Roast with Gravy
- Tossed Salad
- Light French Dressing
- Grapes
- Wheat Challah