



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 29

BeWell

4 oz Baked White Fish
1 oz Dill Sauce
½ C Gourmet Potatoes
1/2 C Stewed Tomatoes
and Zucchini
1 Slice of Wheat Bread
1 tsp Margarine
2 Pack of Graham
Crackers
1 Tangerine
Calories: 661

Season's Harvest

Chicken Marsala
Gourmet Potatoes
Stewed Tomatoes and
Zucchini
Wheat Bread
Graham Crackers
Tangerine

Tuesday

July 30

BeWell

3 oz Chicken Breast
1 oz Lemon Cream
Sauce
½ C Broccoli Florets
1 Dinner Roll
½ C Brown Rice Pilaf
1 Apple
Calories: 616

Season's Harvest

Beef and Macaroni
Casserole
Broccoli Florets
Dinner Roll
Apple

Menu is subject to change.

Wednesday

July 31

BeWell

4 oz BBQ Beef
3 oz Shredded Beef
½ C Parsley Potatoes
½ C Peas
1 Hamburger Bun
½ C Fruit Cocktail
Calories: 673

Season's Harvest

Battered Cod
Sandwich
Parsley Potatoes
Peas
Hamburger Bun
Fruit Cocktail
Tartar Sauce

Thursday

August 1

BeWell

Open Face Meatloaf
Sandwich
3 oz Ground Beef
2 oz Thin Gravy
½ C Whipped Potatoes
½ C Carrots
1 Slice of Wheat Bread
½ C Cantaloupe
Calories: 678

Season's Harvest

Salmon Florentine
Whipped Potatoes
Carrots
Wheat Bread
Cantaloupe

Friday

August 2

BeWell

3 oz Pepper Steak
1 oz Thin Gravy
½ C Green Peppers,
Onions, and Tomatoes in
Entrée
1 Slice of Wheat Challah
½ C Barley
½ C Peaches
1 tsp Margarine
Calories: 649

Season's Harvest

Cod Picatta
Green Peas
Barley
Wheat Challah
Peaches