



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 8

BeWell

4 oz Baked White Fish
with Paprika
½ C Au Gratin Potatoes
½ C Carrots
1 Slice of Rye Bread
1 Orange
1 Packet of Tartar
Sauce
1 tsp Margarine
Calories: 698

Season's Harvest

Beef Burrito
Spanish Rice
Carrots
Wheat Tortilla
Salsa
Orange

Tuesday

July 9

BeWell

4 oz Meat Loaf
1 tbsp Gravy
½ C Leaf Spinach
½ C Glazed Yams
1 Whole Wheat
Dinner Roll
½ C Fruit Cocktail
1 tsp Margarine
Calories: 784

Season's Harvest

Salmon Cake with Dill
Mayo
Leaf Spinach
Glazed Yams
Whole Wheat Dinner
Roll
Fruit Cocktail

Wednesday

July 10

BeWell

Chicken Cacciatore
3 oz Boneless Chicken
2 oz Sauce
½ C Broccoli Florets
1 Slice of Italian Bread
½ C Parslied Potatoes
1 Apple
1 tsp Margarine
Calories: 687

Season's Harvest

Pollock with Fruit
Chutney
Broccoli
Parslied Potatoes
Italian Bread
Apple

Thursday

July 11

BeWell

3 oz Beef Tips
1 oz Gravy
½ C Coleslaw
½ C Mashed Potatoes
1 Dinner Roll
1 Banana
Calories: 775

Season's Harvest

Tuna Salad
Fresh Fruit
Coleslaw
Dinner Roll
Banana

Friday

July 12

BeWell

2-2 oz Turkey Teriyaki
Meatballs
1 oz Reduced Sodium
Teriyaki Sauce
½ C Noodles
½ C Italian Green Beans
1 Slice of Wheat Challah
¼ C Strawberries
1 Slice of Angel Food Cake
Calories: 691

Season's Harvest

Chicken with Teriyaki
Sauce
Lo Mein Noodles
Green Beans
Wheat Challah
Angel Food Cake with
Strawberries

Menu is subject to change.