



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

August 26

BeWell

- 3 oz Beef Hot Dog
- 2 Tbsp Beef Chili
- ½ C Low Sodium Baked Beans
- ½ C Cherry Tomatoes in Italian Dressing
- 1 Wheat Hot Dog Bun
- 1 Nectarine
- Calories: 759

Season's Harvest

- Stir Fry Chicken with Vegetables
- Lo Mein Noodles
- Cherry Tomato Salad
- Nectarine

Tuesday

August 27

BeWell

- 3 oz Chicken Breast
- 1 C Mixed Greens
- 2 Tomato Wedges
- 1 Tbsp Peas
- 1 Whole Wheat Dinner Roll
- ½ C Mandarin Oranges & Pineapple Tidbits
- 1 2" Oatmeal Raisin Cookie
- 1 tsp Margarine
- 2 Tbsp Light Raspberry Dressing
- Calories: 662

Season's Harvest

- Tilapia with Chimichurri Sauce
- Tossed Salad
- Raspberry Dressing
- Whole Wheat Dinner Roll
- Mandarin Oranges & Pineapple Tidbits
- Oatmeal Raisin Cookie

Wednesday

August 28

BeWell

- 3 oz Roast Beef
- 1 oz Thin Gravy
- ½ C Lemon Potatoes
- ½ C Corn, Peas, Green Beans, and Carrots
- 1 Slice of Italian Bread
- 1 Orange
- Calories: 751

Season's Harvest

- Pulled Chicken Taco
- Flour Tortillas
- Pico de Gallo
- Guacamole
- Spanish Rice & Corn
- Orange

Thursday

August 29

BeWell

- 4 oz Turkey
- 2 oz Thin White Sauce
- 2 Broccoli Spears
- ½ C Brown Rice
- 1 Apple
- Calories: 693

Season's Harvest

- Salmon with Apricot Ginger Glaze
- Rice
- Asian Vegetables
- Apple

Menu is subject to change.

Friday

August 30

BeWell

- 4 oz Meatloaf with 3 oz Ground Beef and 1 oz Tomato Gravy
- ½ C Whipped Potatoes
- ½ C Italian Green Beans
- 1 Slice of Wheat Challah
- 1 Tangerine
- 1 tsp Margarine
- Calories: 651

Season's Harvest

- Breaded Chicken Sandwich with Lettuce and Tomato on a Challah Roll
- Roasted Potatoes
- Tangerine