



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

September 16

BeWell

5 oz Stuffed Cabbage
with 3 oz Ground Beef

½ C Garlic Whipped
Potatoes

½ C Classic Mixed
Vegetables

1 Slice of Wheat Bread

½ C Mandarin Oranges
and Pineapple

Calories: 728

Season's Harvest

General Tso's
Vegetarian Cutlet

Broccoli

Brown Rice

Wheat Bread

Mandarin Oranges
and Pineapple

Tuesday

September 17

BeWell

3 oz Slamon with Tomato
Basil Sauce

½ C Chive Scalloped
Potatoes

½ C French Cut Green
Beans

1 Slice of Italian Bread

½ C Mixed Tropical Fruit

Calories: 727

Season's Harvest

Beef Pot Roast

Beef Gravy

Chive Scalloped
Potatoes

French Cut Green
Beans

Italian Bread

Mixed Tropical Fruit

Wednesday

September 18

BeWell

4 oz Turkey Light and
Dark in 2 oz Gravy

½ C Pineapple Noodle
Kugel

½ C Winter Squash
Cubes

1 Orange

Calories: 701

Season's Harvest

Cod with Lemon
Cream Sauce

Pineapple Noodle
Kugel

Winter Squash Cubes

Orange

Thursday

September 19

BeWell

3 oz Beef Brisket

½ C Beets

1 C Tossed Salad with ¾
C Romaine Lettuce, 2
Tbsp Green Pepper, 2
Tbsp Tomatoes

½ C Confetti Couscous

1 Banana

1 T Light French Dressing

Calories: 686

Season's Harvest

Chicken Salad

Wheat Roll

Tossed Salad

Beets

French Dressing

Banana

Menu is subject to change.

Friday

September 20

BeWell

4 oz Baked Tilapia

½ C Spiced Red Cabbage

1 Slice of Wheat Challah

½ C Barley

1 Apple

1 Packet of Cocktail
Sauce

1 tsp Margarine

1-2" Sugar Cookie

Calories: 688

Season's Harvest

Chicken Fajitas with
Wheat Tortilla

Spanish Rice

Salsa

Sugar Cookie

Apple