



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 2

**The JCC is  
closed for  
Labor Day.**

**Reserve your  
lunch for  
Tuesday,  
September 3<sup>rd</sup>  
by 4:00PM on  
Friday, August  
30<sup>th</sup>.**

**Tuesday**

September 3

**BeWell**

3 oz Beef Tips

1 oz Gravy

½ C Noodles

½ C Mexican Mix with  
Corn, Black Beans,  
Onion, and Red  
Pepper

1 Orange

Calories: 689

**Season's Harvest**

Chicken Dhaba Curry  
with Rice  
Cauliflower  
Orange

Menu is subject to change.

**Wednesday**

September 4

**BeWell**

Chicken Cacciatore

3 oz Boneless Chicken

2 oz Sauce

½ C Whipped Yams

½ C Leaf Spinach

1 Whole Wheat Dinner  
Roll

1 Apple

1 tsp Margarine

Calories: 681

**Season's Harvest**

Baked Whitefish with  
Paprika Sauce  
Whipped Yams  
Spinach  
Wheat Roll  
Apple

**Thursday**

September 5

**BeWell**

2-2oz Turkey Teriyaki  
Meatballs

1 oz Reduce Sodium  
Teriyaki Sauce

½ C Brown Rice Pilaf

½ C Asian Blend  
Vegetables

2"X3" Spice Cake  
with Powdered Sugar  
Dusting

Calories: 701

**Season's Harvest**

BBQ Chicken Quarter  
Brown Rice  
Asian Blend  
Vegetables  
Spice Cake

**Friday**

September 6

**BeWell**

3 oz Cold Roast Beef

½ C Coleslaw

2 Slices of Tomato

1 Lettuce Leaf

½ C White Bean Salsa

2 Slices of Wheat Challah

1 Banana

1 Packet of Honey  
Mustard

Calories: 695

**Season's Harvest**

Tuna Noodle  
Casserole  
Baby Carrots  
Coleslaw  
Wheat Challah  
Banana