



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 23

BeWell

3 oz Pepper Steak
1 oz Thin Gravy with ½
C Green Peppers,
Onions, and Tomatoes
½ C Egg Noodles
1 Slice of Wheat Bread
1/3 C Fruit Cocktail
1 tsp Margarine
Calories: 709

Season's Harvest

Salmon with Dill
Sauce
Egg Noodles
Roasted Zucchini
Wheat Bread
Fruit Cocktail

Tuesday

September 24

BeWell

3 oz Chicken Breast
1 oz Lemon Pepper
Cream Sauce
½ C Gourmet
Potatoes
½ C Broccoli Florets
1 Slice of Italian
Bread
1 Apple
1 tsp Margarine
Calories: 726

Season's Harvest

Beef Shepherd's
Pie with Beef
Gravy and Baby
Carrots
Italian Bread
Apple

Wednesday

September 25

BeWell

4 oz Baked White Fish
1 oz Dill Sauce
½ C Stewed Tomatoes
and Zucchini
½ C Confetti Brown
Rice
1 Tangerine
1-2"X3" Brownie
Calories: 603

Season's Harvest

Tofu Chickpea
Cauliflower Curry
Confetti Brown
Rice
Tangerine
Brownie

Thursday

September 26

BeWell

4 oz BBQ Beef with 3
oz Shredded Beef and
1 Hamburger Bun
½ C Vinegar Potato
Salad
½ C Carrots
1 Orange
Calories: 756

Season's Harvest

Chicken Ala King with
Biscuits
Baby Carrots
Orange

Menu is subject to change.

Friday

September 27

BeWell

8 oz Pasta with 3 oz Ground
Turkey, ½ C Pasta and ½ C
Marinara Sauce
¾ C Romaine and Leaf
Lettuce
2 Tbsp Peas
2 Tbsp Chopped Radishes
1 Slice of Wheat Challah
1 Banana
1 Tbsp Light Italian Dressing
1 tsp Margarine
Calories: 704

Season's Harvest

Eggplant Parmesan
with Pasta and
Marinara
Tossed Salad
Italian Dressing
Banana