



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 9

BeWell

Vegetarian Patty
½ oz Apple Spice Glaze
½ C Whipped Potatoes
½ C Carrots
1 Slice of Wheat Bread
1/2 C Sliced Peaches
1 tsp Margarine
Calories: 705

Season's Harvest

Bagel and Lox
Egg Salad
Sliced Red Onion
Sliced Tomato
Leaf Lettuces
Sliced Peaches

Tuesday

September 10

BeWell

1 C White Turkey Chili with 3 oz Turkey, Beans, and Corn
½ C Cold Beets
½ C White Rice
4 Soda Crackers
1 Orange
Calories: 602

Season's Harvest

Grilled Chicken
Hummus Bowl with Quinoa Pilaf
Cold Beets
Orange

Wednesday

September 11

BeWell

3 oz Swiss Steak
1 oz Thin Gravy
½ C Scalloped Potatoes
½ C Italian Green Beans
1 Slice of 12-Grain Bread
½ C Cantaloupe
Calories: 682

Season's Harvest

Salmon Patty
Scalloped Potatoes
Italian Green Beans
12-Grain Bread
Cantaloupe

Thursday

September 12

BeWell

8 oz Bow Ties with Meat Sauce:
3 oz Ground Beef, 2 oz Pasta Sauce, ½ C Pasta
¾ C Romaine and Leaf Lettuce
2 Tbsp Chopped Red Pepper and 2 Tbsp Radishes
1 Tbsp Light Italian Dressing
1 Slice of Italian Bread
1 Banana
Calories: 713

Season's Harvest

Baked Cod with Herb Crust
Peas
Romaine Salad
Italian Dressing
Italian Bread
Banana

Friday

September 13

BeWell

4 oz Chicken Breast with Mushroom Gravy
½ C Roasted Potatoes
½ C Broccoli Florets
1 Slice of Wheat Challah
1 tsp Margarine
½ C Grapes
Calories: 660

Menu is subject to change.

Season's Harvest

Honey Garlic Salmon
Roasted Potatoes
Broccoli Florets
Wheat Challah
Grapes