



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

November 25

BeWell

3 oz Beef Hot Dog
with 1 Wheat Hot Dog
Bun

2 Tbsp Chili with
Beans

½ C Cauliflower

½ C Tropical Fruit Mix

1 Packet of Ketchup

Calories: 711

Season's Harvest

Mediterranean
Chicken Gyro with
Nondairy Tzatziki
Sauce

Cauliflower

Tropical Fruit Mix

Tuesday

November 26

BeWell

4 oz Turkey

2 oz Thin Gravy

½ Garlic Whipped Potatoes

½ C Capri Medley with
Carrots, Green Beans,
Yellow Squash, and Zucchini

¼ C Stuffing

¼ C Cranberry-Orange
Sauce

1 Slice of Pumpkin Pie

Calories: 808

Season's Harvest

Vegetarian Lentil
Stuffed Acorn Squash

Garlic Whipped
Potatoes

Capri Medley

Stuffing

Cranberry-Orange
Sauce

Pumpkin Pie

Wednesday

November 27

BeWell

3 oz Roast Beef

1 oz Thin Gravy

½ C Lemon Potatoes

½ C Mixed Vegetables
with Corn, Peas, Green
Beans, and Carrots

1 Slice of Dark Rye
Bread

1 Orange

Calories: 714

Season's Harvest

Coconut Lime Tilapia

Lemon Potatoes

Mixed Vegetables

Dark Rye Bread

Orange

Thursday

November 28

**The JCC is
closed for
Thanksgiving.**

**Reserve your
lunch for
Friday,
November 29th
by 4:00PM on
Wednesday,
November
27th.**

Menu is subject to change.

Friday

November 29

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

Salmon with
Chimichurri Sauce
Whipped Potatoes

Italian Green Beans

Wheat Challah

Tangerine