



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

December 2

BeWell

4 oz Baked White Fish
with Paprika
1/2 C Au Gratin Potatoes
1/2 C Broccoli,
Cauliflower, and Carrot
Mix
1 Whole Wheat Dinner
Roll
1/2 C Sliced Peaches
1 Packet of Tartar Sauce
Calories: 684

Season's Harvest

Orange Glazed
Chicken
Au Gratin Potatoes
Broccoli, Cauliflower,
and Carrot Mix
Whole Wheat Dinner
Roll
Sliced Peaches

Tuesday

December 3

BeWell

3 oz Pot Roast
1 oz Gravy
1/2 C Mexican Mix with
Corn, Black Beans, Onion,
Red Pepper
1 Slice of Wheat Bread
1 Orange
1 tsp Margarine
Calories: 749

Season's Harvest

Creole Tilapia
Mexican Mix
Wheat Bread
Orange

Wednesday

December 4

BeWell

Chicken Cacciatore with
3 oz Boneless Chicken
and 2 oz Sauce
1/2 C Whipped Yams
1/2 C Leaf Spinach
1 Dinner Roll
1 Apple
1 tsp Margarine
Calories: 681

Season's Harvest

Battered Fish
Whipped Yams
Leaf Spinach
Dinner Roll
Apple

Thursday

December 5

BeWell

2-2 oz Turkey Teriyaki
Meatballs
1 oz Reduced Sodium
Teriyaki Sauce
1/2 C Rice Pilaf
1/2 C Midori Blend
2" x 3" Banana Cake
with Powdered Sugar
Dusting
Calories: 759

Season's Harvest

Chicken Stir Fry
Rice Pilaf
Midori Blend
Banana Cake

Menu is subject to change.

Friday

December 6

BeWell

3 oz Cold Roast Beef
Sandwich with 1 Slice of
Tomato, 1 Lettuce Leaf,
and 2 Slices of Wheat
Challah
1/2 C Coleslaw
1/2 C White Bean Salsa
1 Banana
1 Packet of Mayo
Calories: 734

Season's Harvest

Salmon Cake with Dill
Mayo
Baby Carrots
Coleslaw
Roasted Potatoes
Wheat Challah
Banana