



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 23

**BeWell**

- 5 oz Stuffed Cabbage with 3 oz Ground Beef
- 1/2 C Garlic Whipped Potatoes
- 1/2 C Mixed Vegetables with Corn, Carrots, Peas, and Green Beans
- 1 Slice of Whole Wheat Bread
- 1/2 C Mandarin Oranges and Pineapple
- 1 tsp Margarine
- Calories: 728

**Season's Harvest**

- Oven Fried Chicken
- Garlic Whipped Potatoes
- Mixed Vegetables
- Whole Wheat Bread
- Mandarin Oranges and Pineapple

**Tuesday**

December 24

**BeWell**

- 3 oz Salmon with Tomato Basil Sauce
- 1/2 C Confetti Couscous
- 1/2 C Spiced Red Cabbage
- 1 Slice of Rye Bread
- 1 tsp Margarine
- Calories: 643

**Season's Harvest**

- General Tso's Chicken
- Confetti Couscous
- Spiced Red Cabbage
- Rye Bread

**Wednesday**

December 25

**BeWell**

- Turkey Sandwich with 4 oz Turkey and 2 Slices of Wheat Bread
- 1/2 C Potato Salad
- 1/2 C Zippy Maters
- 1 Banana
- 1 Packet of Yellow Mustard
- Calories: 664

**Only one meal will be served on this day.**

Menu is subject to change.

**Thursday**

December 26

**BeWell**

- 3 oz Beef Brisket
- 1 Small Potato Latke
- 1/2 C Applesauce
- 1 C Tossed Salad with 3/4 C Romaine Lettuce and 2 Tbsp Each Chopped Green Pepper & Tomatoes
- 1-2" Sugar Cookie with Blue Sprinkles
- 1 Tbsp French Dressing
- Calories: 770

**Season's Harvest**

- Mediterranean Salmon
- Potato Latke
- Applesauce
- Tossed Salad
- Sugar Cookie

**Friday**

December 27

**BeWell**

- 4 oz Baked Tilapia
- 1/2 C Chive Scalloped Potatoes
- 1/2 C Broccoli, Cauliflower, and Carrots
- 1 Slice of Wheat Challah
- 1 Small Jelly Donut
- 1 packet of Tartar Sauce
- 1 tsp Margarine
- Calories: 648

**Season's Harvest**

- Chicken Fajita
- Chive Scalloped Potatoes
- Broccoli, Cauliflower, and Carrots
- Wheat Challah
- Jelly Donut