



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 9

**BeWell**

3 oz Pepper Steak with  
1 oz Thin Gravy and  
1/2 C Green Peppers,  
Onions & Tomatoes  
1/2 C Barley  
1 Slice of Wheat Bread  
1/2 C Fruit Cocktail  
1 tsp Margarine  
Calories: 696

**Season's Harvest**

Teriyaki Salmon  
Roasted Zucchini  
with Grape Tomatoes  
Barley  
Wheat Bread  
Fruit Cocktail

**Tuesday**

December 10

**BeWell**

3 oz Chicken Breast with  
1 oz Lemon Pepper  
Cream Sauce  
1/2 C Gourmet Potatoes  
1/2 C Broccoli Florets  
1 Slice of Italian Bread  
1 Apple  
1 tsp Margarine  
Calories: 736

**Season's Harvest**

Turkey Chili  
Gourmet Potatoes  
Broccoli  
Cornbread  
Apple

Menu is subject to change.

**Wednesday**

December 11

**BeWell**

4 oz Baked Tilapia  
with 1 oz Dill Sauce  
1/2 C Stewed  
Tomatoes & Zucchini  
1/2 C Confetti Brown  
Rice  
1 Tangerine  
1- 2 X 3" Brownie  
Calories: 603

**Season's Harvest**

Meatball Stroganoff  
Stewed Tomatoes &  
Zucchini  
Confetti Brown Rice  
Tangerine  
Brownie

**Thursday**

December 12

**BeWell**

4 oz BBQ Beef with  
3 oz Shredded Beef  
and 1 Hamburger  
Bun  
1/2 C Vinegar Potato  
Salad  
1/2 C Carrots  
1 Orange  
Calories: 755

**Season's Harvest**

Chicken Shawarma  
Israeli Salad  
Carrots  
Pita  
Cucumber Sauce

**Friday**

December 13

**BeWell**

8 oz Rotelli Pasta with Meat  
Sauce with 1/2 C Pasta and  
3 oz Ground Turkey  
1 C Mixed Green Salad with  
3/4 C Romaine & Leaf  
Lettuce and 2 Tbsp each  
Peas & Chopped Radishes  
1 Slice of Wheat Challah  
1 Banana  
1 Tbsp Light Italian Dressing  
1 tsp Margarine  
Calories: 704

**Season's Harvest**

Breaded Eggplant  
Cutlet  
Penne Pasta with  
Marinara  
Salad  
Wheat Challah  
Banana  
Italian Dressing