



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 16

**BeWell**

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

**Season's Harvest**

- Savory Bread Stuffed
- Chicken Breast with Chicken Gravy
- Whipped Potatoes
- Carrots
- Peaches

**Tuesday**

December 17

**BeWell**

- 1 C White Turkey Chili with 3 oz Turkey, Black Beans and Corn
- 1/2 C Cold Beets
- 1/2 C White Rice
- 1 Dinner Roll
- 1 Tangerine
- Calories: 617

Menu is subject to change.

**Season's Harvest**

- Salmon with Apricot Ginger Glaze
- Cold Beets
- White Rice
- Dinner Roll
- Tangerine

**Wednesday**

December 18

**BeWell**

- 4 oz Swiss Steak
- 1 oz Thin Gravy
- 1/2 C Scalloped Potatoes
- 1/2 C Italian Green Beans
- 1 Slice of Wheat Bread
- 1/2 C Tropical Fruit Mix
- Calories: 807

**Season's Harvest**

- Tofu Chickpea Cauliflower Curry
- Brown Rice
- Italian Green Beans
- Wheat Bread
- Tropical Fruit Mix

**Thursday**

December 19

**BeWell**

- 8 oz Bow Ties with 2-2oz Meatballs, 3 oz Ground Beef, 2 oz Pasta Sauce, and 1/2 C Pasta
- 1 C Tossed Salad with 3/4 C Romaine & Leaf Lettuce, and 2 Tbsp each Chopped Red Pepper & Radishes
- 1 Slice of Italian Bread
- 1/2 C Fruit Cocktail
- 1 T Light Italian Dressing
- 1 tsp Margarine
- Calories: 658

**Season's Harvest**

- Rotisserie Chicken Quarters
- Pasta with Marinara
- Tossed Salad
- Fruit Cocktail
- Italian Bread
- Italian Dressing

**Friday**

December 20

**BeWell**

- 5 oz Chicken Breast with Mushroom Gravy
- 1/2 C Roasted Potatoes
- 1/2 C Broccoli Florets
- 1 Slice of Wheat Challah
- 1 Banana
- 1 tsp Margarine
- Calories: 718

**Season's Harvest**

- Cod Provençal
- Roasted Potatoes
- Broccoli Florets
- Wheat Challah
- Banana