



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**

February 10

**BeWell**

Baked White Fish with  
Paprika (4 oz)  
Scalloped Potatoes (½ C)  
Leaf Spinach (½ C)  
Dinner Roll (1)  
Orange (1)  
Tartar Sauce (1 Packet)  
Calories: 636

**Season's Harvest**

Orange Glazed Chicken  
(4 oz)  
Roasted Potatoes (½ C)  
Broccoli, Cauliflower, and  
Carrots (½ C)  
Wheat Bread (1 Slice)  
Grapes (½ C)  
Margarine (1 tsp)  
Calories: 689

**Tuesday**

February 11

**BeWell**

Meat Loaf (4 oz) with  
Gravy (1 Tbsp)  
Italian Green Beans with  
Red Pepper (½ C)  
Glazed Yams (½ C)  
Wheat Dinner Roll (1)  
Fruit Cocktail (½ C)  
Calories: 728

**Season's Harvest**

Creole Tilapia (4 oz)  
Lemon Potatoes (½ C)  
Cooked Spinach (½ C)  
Rye Bread (1 Slice)  
Banana (1)  
Margarine (1 tsp)  
Calories: 625

Menu is subject to change.

**Wednesday**

February 12

**BeWell**

Chicken Cacciatore with  
Boneless Chicken (3 oz)  
and Sauce (2 oz)  
Broccoli Florets (½ C)  
Italian Bread (1 Slice)  
Noodles (½ C)  
Apple (1)  
Margarine (1 tsp)  
Calories: 620

**Season's Harvest**

Oven Fried Cod (4 oz)  
Stewed Tomatoes and  
Zucchini (½ C)  
Winter Squash Cubes (½ C)  
Wheat Bread (1 Slice)  
Apple (1)  
Margarine (1 tsp)  
Calories: 633

**Thursday**

February 13

**BeWell**

Salmon (3 oz) with Tomato  
Basil Sauce  
Chive Baked Potatoes (½ C)  
Green Beans (½ C)  
Rye Bread (1 Slice)  
Banana (1)  
Margarine (1 tsp)  
Calories: 710

**Season's Harvest**

Turkey Stir Fry with Turkey  
(4 oz), Carrots, Celery and  
Onions (½ C), and Brown  
Rice (½ C)  
Beets (½ C)  
Italian Bread (1 Slice)  
Orange (1)  
Margarine (1 tsp)  
Calories: 648

**Friday**

February 14

**BeWell**

Turkey Teriyaki Meatballs (2-2  
oz) with Reduced Sodium  
Teriyaki Sauce (1 oz)  
Confetti Rice (½ C)  
Sliced Carrots (½ C)  
Wheat Challah (1 Slice)  
Tangerine (1)  
Margarine (1 tsp)  
Oatmeal Cookie (1-2")  
Calories: 693

**Season's Harvest**

Salmon Cake (4 oz) with  
Light Lemon Dill Sauce (1 oz)  
Parsley and Chive  
Potatoes (½ C)  
Green Beans (½ C)  
Wheat Challah (1 Slice)  
Mandarin Oranges and  
Pineapple Tidbits (½ C)  
Margarine (1 tsp)  
Calories: 704

Happy  
Valentine's  
Day

