



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 3

BeWell

Stuffed Cabbage (5 oz) with
Ground Beef (3 oz)
Garlic Whipped Potatoes (½ C)
Corn, Carrots, Peas, and Green
Beans (½ C)
Wheat Bread (1 Slice)
Mandarin Oranges and
Pineapple (½ C)
Margarine (1 tsp)
Calories: 681

Season's Harvest

Oven Fried Chicken Breast
with Italian Breadcrumbs
(4 oz)
Roasted Potatoes (½ C)
Corn, Carrots, Peas, and
Green Beans (½ C)
Wheat Bread (1 Slice)
Mandarin Oranges and
Pineapple (½ C)
Margarine (1 tsp)
Calories: 695

Tuesday

February 4

BeWell

Salmon with Tomato
Basil Sauce (3 oz)
Confetti Couscous (½ C)
Spiced Red Cabbage (½ C)
Rye Bread (1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 643

Season's Harvest

General Tso's Chicken
(6 oz) with Peppers,
Onion, and Broccoli (½ C),
Chicken (3 oz), and
Brown Rice (½ C)
Rye Bread (1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 742

Wednesday

February 5

BeWell

Turkey Light and Dark
(3 oz) in Gravy (1 oz)
Lemon Potatoes (½ C)
Winter Squash Cubes (½ C)
Wheat Bread (1 Slice)
Banana (1)
Calories: 649

Season's Harvest

Tuna Patty (4 oz)
Whipped Potatoes (½ C)
Marinated Tomatoes (½ C)
Wheat Bread (1 Slice)
Banana (1)
Honey Mustard (1 Tbsp)
Calories: 649

Menu is subject to change.

Thursday

February 6

BeWell

Sandwich with BBQ Beef
(3 oz) and Wheat Sandwich
Bun (1)
Coleslaw (½ C)
Tomatoes and Cucumbers
(½ C)
Sliced Peaches (½ C)
Calories: 764

Season's Harvest

Mediterranean Salmon (4 oz)
with Sauce (2 oz) containing
Cherry Tomatoes, Black
Olives, and Fresh Spinach
Chive Scalloped Potatoes (½ C)
Broccoli, Cauliflower, and
Carrots (½ C)
Wheat Challah (1 Slice)
Margarine (1 tsp)
Calories: 701

Friday

February 7

BeWell

Baked Tilapia (4 oz)
Cabbage and Noodles (½ C)
Carrots (½ C)
Wheat Challah (1 Slice)
Tangerine (1)
Oatmeal Raisin Cookie (1-2")
Tartar Sauce (1 Packet)
Margarine (1 tsp)
Calories: 653

Season's Harvest

Chicken Fajita with
Marinated Chicken (3 oz),
Sautéed Green Pepper,
Mushrooms and Onions
(¼ C), and a Wheat Corn
Tortilla (4")
Corn & Black Bean Salad
(½ C)
Peach Slices (½ C)
Oatmeal Cookies (2-2")
Margarine (1 tsp)
Calories: 652