



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

January 13

BeWell

Baked White Fish with
Paprika (4 oz)
Scalloped Potatoes (½ C)
Broccoli, Cauliflower,
Carrot Mix (½ C)
Whole Wheat Dinner Roll (1)
Sliced Peaches (½ C)
Tartar Sauce (1 packet)
Calories: 641

Season's Harvest

Orange Glazed Chicken
with Boneless Chicken
(4 oz) and Sauce (2 oz)
Scalloped Potatoes (½ C)
Broccoli, Cauliflower,
Carrot Mix (½ C)
Whole Wheat Dinner Roll (1)
Sliced Peaches (½ C)
Calories: 671

Tuesday

January 14

BeWell

Pot Roast (3 oz)
Gravy (1 oz)
Corn, Black Beans, Onion,
Red Pepper (½ C)
Wheat Bread (1 Slice)
Orange (1)
Margarine (1 tsp)
Calories: 749

Season's Harvest

Tilapia with Paprika (4 oz)
Cabbage and Noodles (½ C)
Beet Wedges (½ C)
Wheat Bread (1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 610

Menu is subject to change.

Wednesday

January 15

BeWell

Chicken Cacciatore with
Boneless Chicken (3 oz)
and Sauce (2 oz)
Whipped Yams (½ C)
Leaf Spinach (½ C)
Wheat Dinner Roll (1)
Apple (1)
Margarine (1 tsp)
Calories: 681

Season's Harvest

Turkey (4 oz)
Gravy (1 oz)
Roasted Potatoes (½ C)
Green Beans with Red
Pepper (½ C)
Wheat Dinner Roll (1)
Orange (1)
Margarine (1 tsp)
Calories: 638

Thursday

January 16

BeWell

Turkey Teriyaki Meatballs
(2-2oz) with Reduced
Sodium Teriyaki Sauce (1
oz)
Rice Pilaf (½ C)
Midori Blend Vegetables (½ C)
Banana Cake (2"X3") with
Powdered Sugar Dusting
Calories: 759

Season's Harvest

Chicken Stir-Fry with Cubed
Chicken (3 oz), Broccoli,
Red Onion, Carrots, and
Sauce (1 oz)
Rice Pilaf (½ C)
Midori Blend Vegetables (½ C)
Banana Cake (2" X 3") with
Powdered Sugar Dusting
Calories: 673

Friday

January 17

BeWell

Sandwich with Cold Roast
Beef (3oz), Tomato (1 Slice),
Lettuce (1 Leaf), and Wheat
Challah (2 Slices)
Sweet & Sour Coleslaw (½ C)
White Bean Salsa (½ C)
Banana (1)
Mayo (1 Packet)
Calories: 821

Season's Harvest

Sandwich with Salmon Cake
(4 oz) with Salmon (3 oz),
Tomato (1 Slice), Lettuce
Leaf (1), and Wheat Challah
(2 Slices)
Sweet and Sour Coleslaw (½ C)
Baby Carrots (½ C)
Banana (1)
Dill Mayonnaise (1 Tbsp)
Calories: 709