



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 27

BeWell

Vegetarian Patty with
Apple Spice Glaze (½ oz)
Whipped Potatoes (½ C)
Carrots (½ C)
Wheat Bread (1 Slice)
Sliced Peaches (½ C)
Margarine (1 tsp)
Calories: 658

Season's Harvest

Chicken Breast (4 oz)
with Gravy (1 oz)
Whipped Potatoes (½ C)
Broccoli, Cauliflower and
Carrots (½ C)
Stuffing (¼ C)
Peaches in Juice (½ C)
Margarine (1 tsp)
Calories: 694

Tuesday

January 28

BeWell

White Turkey Chili (1 C)
with Turkey (3 oz), Black
Beans, and Corn
Cold Beets (½ C)
White Rice (½ C)
Dinner Roll (1)
Tangerine (1)
Calories: 615

Season's Harvest

Salmon with Apricot
Ginger Glaze (4 oz)
Butternut Squash Cubes
(½ C)
White Rice (½ C)
Dinner Roll (1)
Tangerine (1)
Calories: 658

Wednesday

January 29

BeWell

Swiss Steak (4 oz) with
Thin Gravy (1 oz)
Scalloped Potatoes (½ C)
Italian Green Beans (½ C)
Wheat Bread (1 Slice)
Tropical Fruit Mix (½ C)
Calories: 764

Season's Harvest

Tofu Chickpea Curry (1 C)
Italian Green Beans (½ C)
Wheat Bread (1 Slice)
Tropical Fruit Mix (½ C)
Margarine (1 tsp)
Calories: 743

Menu is subject to change.

Thursday

January 30

BeWell

Bow Tie Pasta (½ C) with
Marinara (2 oz), Ground Beef
(3 oz), and Meatballs (2-2 oz)
Salad with Romaine & Leaf Lettuce
(¾ C), Chopped Red Pepper (2 Tbsp)
& Radishes (2 Tbsp)
Italian Bread (1 Slice)
Fruit Cocktail (½ C)
Light Italian Dressing (1 Tbsp)
Margarine (1 tsp)
Calories: 717

Season's Harvest

Rotisserie Chicken Leg and Thigh
(5 oz)
Salad with Romaine & Leaf
Lettuce (1 C), Chopped Red
Pepper (2 Tbsp), Peas (2 Tbsp),
& Tomato Wedges (2)
Ratatouille (½ C)
Italian Bread (1 Slice)
Fruit Cocktail (½ C)
Light Italian Dressing (2 Tbsp)
Margarine (1 tsp)
Calories: 650

Friday

January 31

BeWell

Chicken Breast with
Mushroom Gravy (4 oz)
Roasted Potatoes (½ C)
Broccoli Florets (½ C)
Wheat Challah (1 Slice)
Pear (1)
Margarine (1 tsp)
Calories: 632

Season's Harvest

Cod Provencal (4 oz) with
Sauce (2 Tbsp)
Roasted Potatoes (½ C)
Broccoli Florets (½ C)
Wheat Challah (1 Slice)
Banana (1)
Margarine (1 tsp)
Calories: 659