



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

March 31

BeWell

Beef Hamburger (4 oz) on a
Hamburger Bun with
Tomato (2 Slices)
Low Sodium Baked Beans
(½ C)
Broccoli, Cauliflower, and
Carrots (½ C)
Grapes (½ C)
Ketchup (1 Packet)
Calories: 691

Season's Harvest

Turkey (4 oz) with Light
Gravy (1 oz)
Scalloped Potatoes (½ C)
Leaf Spinach (½ C)
Dinner Roll (1)
Orange (1)
Calories: 672

Menu is subject to change.

Tuesday

April 1

BeWell

Turkey Light and Dark (3 oz)
with Gravy (1 oz)
Lemon Potatoes (½ C)
Spinach (½ C)
Wheat Bread (1 Slice)
Banana (1)
Margarine (1 tsp)
Calories: 729

Season's Harvest

Chicken Shawarma (4 oz)
Italian Green Beans with
Red Pepper (½ C)
Glazed Yams (½ C)
Wheat Dinner Roll (1)
Fruit Cocktail (½ C)
Margarine (1 tsp)
Calories: 617

Wednesday

April 2

BeWell

Roast Beef (3 oz) with Thin
Gravy (1 oz)
Stewed Tomatoes and
Zucchini (½ C)
Winter Squash Cubes (½ C)
Rye Bread (1)
Apple (1)
Margarine (1 tsp)
Calories: 704

Season's Harvest

Fish Taco with Cod (4 oz),
Salsa (1 Tbsp), Diced
Avocado (2 Tbsp), and a
Wheat Tortilla (6")
Cole Slaw (½ C)
Banana (1)
Graham Crackers (2-2")
Light Tartar Sauce (1 Tbsp)
Calories: 669

Thursday

April 3

BeWell

Creole Chicken (3 oz) with
Sauce (2oz)
Sliced Beets (½ C)
Dinner Roll (1)
Brown Rice (½ C)
Orange (1)
Margarine (1 tsp)
Calories: 622

Season's Harvest

Cod (4 oz) with Florentine Sauce
(1 oz)
Confetti Rice (½ C)
Sliced Carrots (½ C)
Italian Bread (1 Slice)
Tangerine (1)
Oatmeal Cookie (1-2")
Margarine (1 tsp)
Calories: 637

Friday

April 4

BeWell

Penna Pasta with Meat Sauce
(½ C) with Ground Beef (3 oz)
Green & Wax Beans (½ C)
Wheat Challah (1 Slice)
Mandarin Oranges &
Pineapple Tidbits (½ C)
Oatmeal Raisin Cookie (1-2")
Margarine (1 tsp)
Calories: 726

Season's Harvest

Chicken Dinner Salad with
Chicken (4 oz) and Red Leaf and
Romaine Lettuce (¾ C)
Chopped Strawberries (2 Tbsp)
Sweet and Sour Cucumbers (½ C)
Wheat Challah (1 Slice)
Apple (1)
Chocolate Chip Cookie (1-2")
Margarine (1 tsp)
Light Italian Dressing (2 Tbsp)
Calories: 619