



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

April 14

BeWell

- Baked Tilapia with Paprika (4 oz)
- Mashed Potatoes (½ C)
- Carrots (½ C)
- Matzah (1)
- Applesauce (½ C)
- Margarine (1 tsp)

Tuesday

April 15

BeWell

- Chicken (3 oz)
- Matzah Ball Soup
- Broccoli (½ C)
- Charoset (½ C)
- Pears (½ C)
- Matzah (1)
- Margarine (1 tsp)

Wednesday

April 16

BeWell

- Meat Loaf (4 oz) with Gravy (1 Tbsp)
- Glazed Yams (½ C)
- Leaf Spinach (½ C)
- Mandarin Oranges (½ C)
- Matzah (1)
- Margarine (1 tsp)

Menu is subject to change.

Thursday

April 17

BeWell

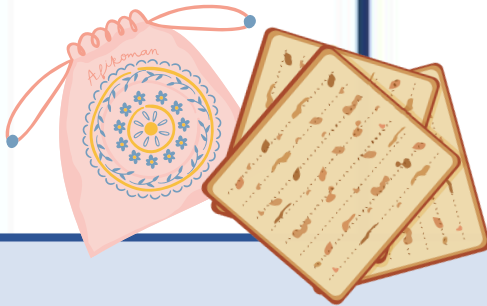
- Beef Tips (3 oz) with Gravy (1 oz)
- Broccoli (½ C)
- Roasted Potatoes (½ C)
- Mixed Fruit (½ C)
- Matzah (1)
- Margarine (1 tsp)

Friday

April 18

BeWell

- Roast Beef (3 oz) with Thin Gravy (1 oz)
- Lemon Potatoes (½ C)
- Carrots (½ C)
- Pineapple (½ C)
- Matzah (1)
- Margarine (1 tsp)



Passover Menu: There will only be a BeWell option this week.

