



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 21

BeWell

Pepper Steak (3 oz) with
Green Peppers, Onions &
Tomatoes (½ C), and Thin
Gravy (1 oz)
Barley (½ C)
Wheat Bread (1 Slice)
Fruit Cocktail (½ C)
Margarine (1 tsp)
Calories: 696

Season's Harvest

Teriyaki Salmon (4 oz) with
Sauce (1 oz)
Cooked Spinach (½ C)
Barley (½ C)
Wheat Bread (1 Slice)
Fruit Cocktail (½ C)
Margarine (1 tsp)
Calories: 671

Tuesday

April 22

BeWell

Chicken Breast (3 oz)
with Lemon Pepper
Cream Sauce (1 oz)
Gourmet Potatoes (½ C)
Broccoli Florets (½ C)
Italian Bread (1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 726

Season's Harvest

Turkey Chili (8 oz) with
Ground Turkey (3 oz),
Beans, and Tomato
Broccoli Florets (½ C)
Corn Bread (1)
Apple (1)
Margarine (1 tsp)
Calories: 675

Wednesday

April 23

BeWell

Baked Tilapia (4 oz)
with Dill Sauce (1 oz)
Stewed Tomatoes &
Zucchini (½ C)
Confetti Brown Rice (½ C)
Tangerine (1)
Brownie (2" x 3")
Calories: 603

Season's Harvest

Beef Stroganoff (5 oz)
with Sauce (1 oz)
Stewed Tomatoes &
Zucchini (½ C)
Confetti Brown Rice (½ C)
Tangerine (1)
Brownie (2" X3")
Calories: 660

Thursday

April 24

BeWell

BBQ Beef (4 oz) with
Shredded Beef (3 oz) and a
Hamburger Bun (1)
Vinegar Potato Salad (½ C)
Carrots (½ C)
Orange (1)
Calories: 755

Menu is subject to change.

Season's Harvest

Chicken Shawarma (4 oz)
Israeli Salad (½ C)
Carrots (½ C)
Orange (1)
Wheat Pita (½ 6")
Cucumber Sauce (1 Tbsp)
Calories: 607

Friday

April 25

BeWell

Pasta with Meat Sauce (8 oz),
Ground Turkey (3 oz), and
Farfalle Pasta (½ C)
Mixed Green Salad (1 C) with
Romaine & Leaf Lettuce
(¾ C), Peas (2 Tbsp), &
Chopped Radishes (2 Tbsp)
Wheat Challah (1 Slice)
Banana (1)
Light Italian Dressing (1 Tbsp)
Margarine (1 tsp)
Calories: 687

Season's Harvest

Cod (4 oz) with Lemon
Pepper Seasoning (1 tsp)
Scalloped Potatoes (½ C)
Green Beans with Roasted
Red Pepper Strips (½ C)
Wheat Challah (1 Slice)
Banana (1)
Margarine (1 tsp)
Calories: 664