



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

May 12

BeWell

Baked White Fish with
Paprika (4 oz)
Scalloped Potatoes (½ C)
Leaf Spinach (½ C)
Dinner Roll (1)
Orange (1)
Tartar Sauce (1 Packet)
Calories: 728

Season's Harvest

Orange Glazed Chicken
(4 oz)
Roasted Potatoes (½ C)
Broccoli, Cauliflower,
Carrots (½ C)
Wheat Bread (1 Slice)
Grapes (½ C)
Margarine (1 tsp)
Calories: 689

Tuesday

May 13

BeWell

Meat Loaf (4 oz) with Gravy
(1 Tbsp)
Italian Green Beans with
Red Pepper (½ C)
Glazed Yams (½ C)
Wheat Dinner Roll (1)
Fruit Cocktail (½ C)
Calories: 728

Season's Harvest

Creole Tilapia (4 oz)
Lemon Potatoes (½ C)
Cooked Spinach (½ C)
Rye Bread (1 Slice)
Banana (1)
Margarine (1 tsp)
Calories: 625

Menu is subject to change.

Wednesday

May 14

BeWell

Chicken Cacciatore with
Boneless Chicken (3 oz) and
Sauce (2 oz)
Broccoli Florets (½ C)
Italian Bread (1 Slice)
Noodles (½ C)
Apple (1)
Margarine (1 tsp)
Calories: 704

Season's Harvest

Oven "Fried" Cod (4 oz)
Stewed Tomatoes and
Zucchini (½ C)
Winter Squash Cubes (½ C)
Wheat Bread (1 Slice)
Apple (1)
Margarine (1 tsp)
Calories: 633

Thursday

May 15

BeWell

Salmon (3 oz) with Tomato
Basil Sauce
Chive Baked Potatoes (½ C)
Green Beans (½ C)
Rye Bread (1 Slice)
Banana (1)
Margarine (1 tsp)
Calories: 710

Season's Harvest

Turkey Stir Fry with Turkey
(4 oz), Carrots, Celery, and
Onions (½ C)
Beets (½ C)
Italian Bread (1 Slice)
Brown Rice (½ C)
Orange (1)
Margarine (1 tsp)
Calories: 648

Friday

May 16

BeWell

Turkey Teriyaki Meatballs
(2-2 oz) with Reduced
Sodium Teriyaki Sauce (1 oz)
Confetti Rice (½ C)
Sliced Carrots (½ C)
Wheat Challah (1 Slice)
Tangerine (1)
Margarine (1 tsp)
Oatmeal Cookie (2")
Calories: 693

Season's Harvest

Salmon Cake (4 oz) with
Light Lemon Dill Sauce (1 oz)
Parsley and Chive Potatoes
(½ C)
Green Beans (½ C)
Wheat Challah (1 Slice)
Mandarin Oranges &
Pineapple Tidbits (½ C)
Margarine (1 tsp)
Calories: 704